

**ADDUCTOR TRAINING PROGRAMME**

Chronic groin pain in athletes is due to injuries that are associated with an imbalance in muscle strength in the muscles that attach around the groin.

This rehabilitation program has been designed to treat athletes with chronic groin pain related to adductor tendon tears and osteitis pubis, both part of the “sports hernia” complex. It has been found to be effective in around 75% of athletes with chronic groin pain – nearly 90% of whom had been forced to limit or cease their sport because of their injury.

Do the phase 1 exercises once per day. Phase 2 exercises

PHASE 1: (WEEKS 1 & 2)*1. Soccer ball adduction – feet (30 seconds, 10 repetitions)*

Lie on your back, place a soccer ball between your feet, squeeze the ball very firmly. Keep squeezing for 30 seconds, then relax. Rest 30 seconds and repeat. By the end of phase 1, you should be able to do 10 repetitions.

2. Soccer ball adduction – knees: (30 seconds, 10 repetitions)

This exercise is performed in exactly the same manner as 1. Except the ball is placed between your knees. Once again you are aiming for 10 repetitions of 30 seconds duration.

3. Abdominal sit ups: (5 sets of 10 repetitions)

Lying on your back on the floor. Do straightforward sit-ups, as well as oblique sit-ups in both directions.

4. Folding knife exercises: (5 sets of 10 repetitions)

This is a combination of an abdominal sit-up and hip flexion.

Start lying on your back, with a soccer ball between your knees. Squeeze the ball as you lift your upper body off the floor.

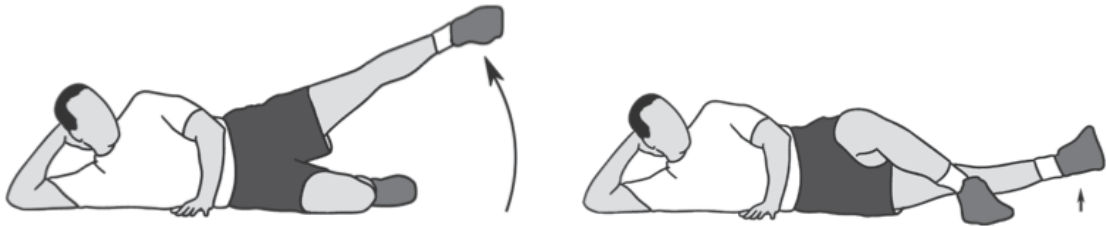
*5. Wobble board or Bosu ball training: (5 minutes duration in total)*

Perform both double and single leg stance balance exercises.

**PHASE 2: (WEEKS 3 – 6)****6. Lying abduction and adduction exercises: (5 sets of 10 repetitions each side)**

Lie on your side. Straighten your upper leg and raise your foot towards the ceiling to 45° without twisting your pelvis. Keep your foot pointing forwards. Hold for 5 seconds then slowly lower to starting position.

Then cross your upper leg over the lower and place that foot on the floor. Raise your lower leg 15-20cm off the floor. Hold for 5 seconds then slowly lower to starting position.

**7. Cable abduction and adduction exercises: (5 sets of 10 repetitions in each direction)**

These can be performed with a cable machine in the gym, or theraband Adduction shown on the left, abduction on the right. Enough resistance to be working hard in at the end of the set.

**8. Low back extensions: (5 sets of 10 repetitions)**

Lying on your front over the end of an exercise bench. Lower back extension from a flexed position. (These can also be done over a swiss ball)





9. *Folding knife exercises: (5 sets of 10 repetitions)*

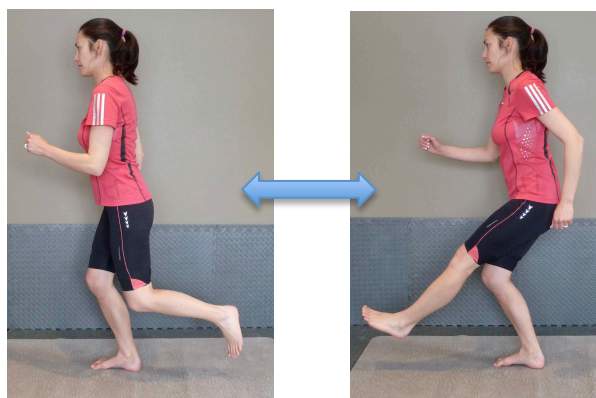
As described in phase 1. This is a combination of an abdominal sit-up and hip flexion. Start lying on your back, with a soccer ball between your knees. Squeeze the ball as you lift your upper body off the floor. 5 sets of 10 repetitions.

10. *Wobble board or Bosu ball training: (5 minutes duration in total)*

Perform both double and single leg stance balance exercises.

11. *Cross country skiing on one leg: (1 minute for each le, 2 repetitions)*

Stand on one leg, swing your arms and your free leg to emulate the motion of a cross country skier. Stretch your free leg as far forward and as far backward as you are able.



12. *Iliopsoas stretching: (3 reps of 30 seconds)*

Kneel on the side you are about to stretch. Balance leg forward with knee at 90 degrees. Lean forward while keeping your pelvis and torso very upright. You will feel the stretch in the groin on the side of the kneeling leg.



Ongoing management:

Continue the program for 8 weeks, if you are making significant improvement with your symptoms (ie the discomfort while doing the exercises or when jogging is significantly better) then you may continue with rehab until completely pain-free and then stop. If you are not improving, then you should return to your surgeon for review.