

# Weak and Painful Hip: Adductor Tendinopathy *STAGE 3*



**1 Standing Lateral Lunge**

**2 Adductor Slider Curls**

**3 Hip Adductor Side Bridge**

It is OK to feel some discomfort whilst completing the following exercises, which is entirely normal to begin with, providing the pain is not significantly worse the following day. We recommend to only exercise up to around 4-5/10 if zero is no pain and 10/10 is severe pain.

## 1 Standing Lateral Lunge



In standing, slowly step out sideways and into a squat position, maintaining an upright position.

10-15 repetitions (2-3 sets), twice daily.

CONTINUED OVERLEAF 

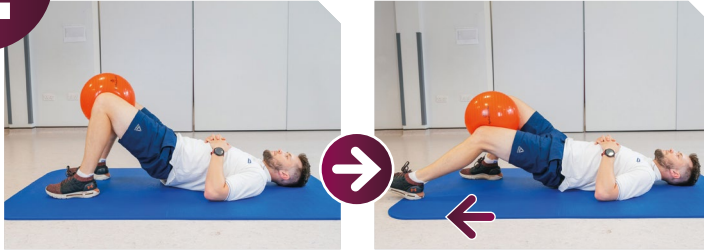


1 Standing Lateral Lunge

2 Adductor Slider Curls

3 Hip Adductor Side Bridge

## 2 Adductor Slider Curls



Lying on your back, with your knees bent to 45 degrees. Place a ball or cushion in between your knees and squeeze inwards. Adopt a bridge position and then slowly slide your legs downwards.

10-15 repetitions (2-3 sets), twice daily.

## 3 Hip Adductor Side Bridge



Using a chair or bench. Place your affected knee on top of the chair, with your other leg underneath. Adopt a plank position and let your hip drop near to the floor and then raise up to the starting position.

10-15 repetitions (2-3 sets), twice daily.