



Bloomsbury Osteopathy

Hip and Leg Exercises

Adductor Strengthening Exercise

LEGS17

Function:

To improve the power and health of the muscles of the inner thigh and to improve stability at the hip joint.

Method:

Starting Position:

Lie on your side. Support your torso with your lower forearm. Bend the knee of the upper leg and plant the foot just behind the knee of the lower straightened leg.

Action:

Tighten the abdominal/core muscles. Slowly and in a controlled manner lift the lower leg away from the floor. Keep the leg straight and the foot turned outward at all times. At end of range, stop and slowly return to the starting position.

Notes:

As your rehabilitation progresses your osteopath may advise you to further challenge these muscles by keeping the leg at end of range for a specified amount of time before returning to the starting position.

Alternative way: from a seated using a slightly deflated football or folded pillow place it between your knees and squeeze, holding the contraction for 3 seconds. Sets and repetitions to be determined by your osteopath.

All exercises are available from
www.Bloomsbury-Osteopathy.co.uk

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STRENGTHENING OF THE ADDUCTOR MUSCLES - INNER THIGH
(LEGS17)

