



Bloomsbury Osteopathy

Hip and Leg Exercises

Adductor Strengthening Exercise

LEGS14

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 affected leg at right angle and place a firm folded pillow under the knee. Keep the other leg straight and behind the bent leg

Action:

In a slow progressive manner push the knee against the pillow and squeeze the pillow. At maximum force hold in that position for 10-15 seconds. Rest and repeat again as directed by your osteopath.

Notes:

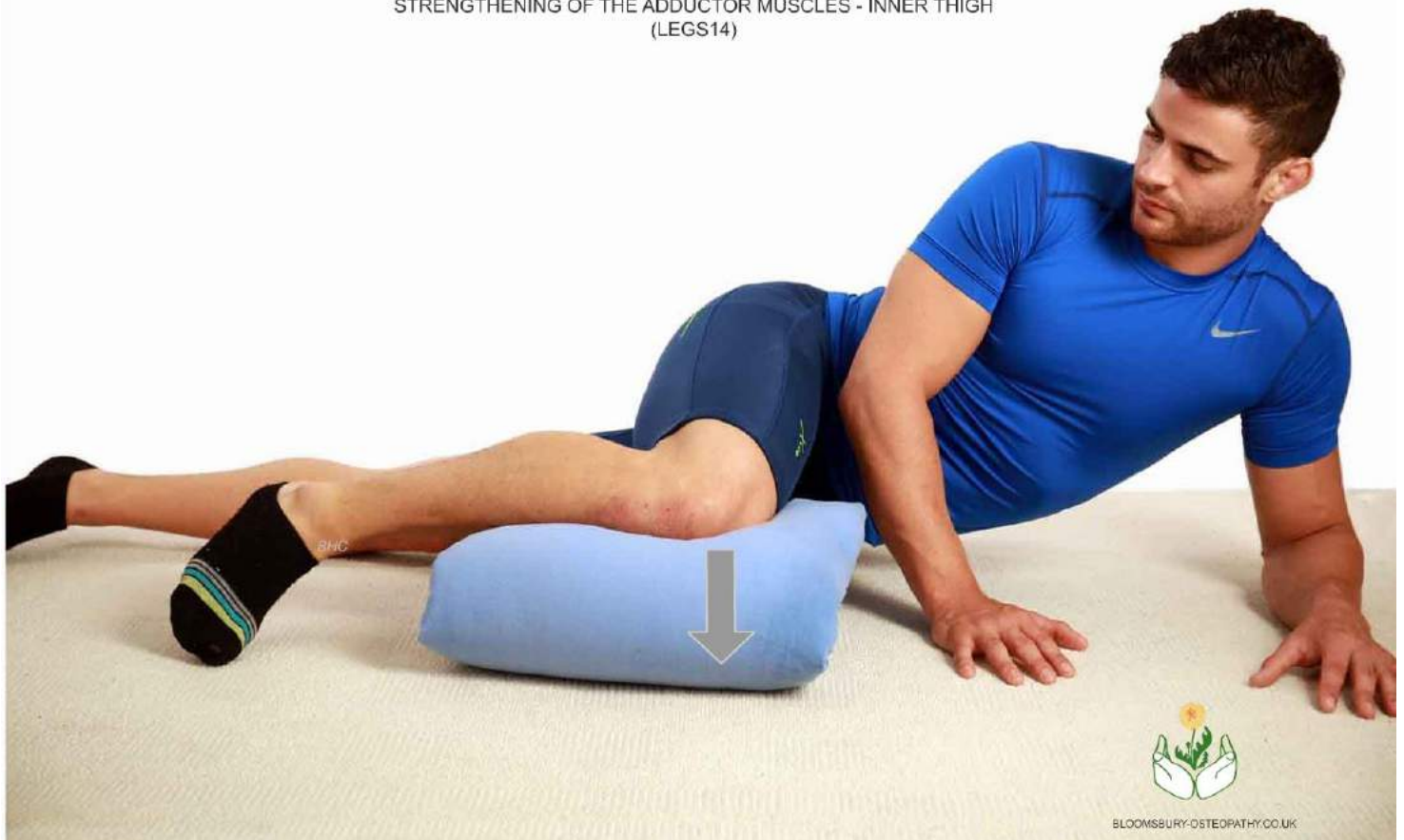
As your rehabilitation progresses your osteopath may advise you to further challenge these muscles by keeping the leg at end of range for a specified amount of time before returning to the starting position.

All exercises are available from

www.Bloomsbury-Osteopathy.co.uk

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STRENGTHENING OF THE ADDUCTOR MUSCLES - INNER THIGH
(LEGS14)



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