



	Exercise	Prescription
<b>Module 1</b> (first 2 weeks)	Static adduction against ball (knees extended)	30 secs, 10 reps
	Static adduction against ball (knees bent)	30 secs, 10 reps
	Abdominal sit ups straight and in oblique directions	5 sets, 10 reps
	Combined abdominal sit up and hip flexion with ball between knees	5 sets, 10 reps
	Balance training	5 mins
	Sliding board with feet parallel and apart at 90 degree angle	1 min, 5 sets, each leg
<b>Module 2</b> (from 3 <sup>rd</sup> week performed twice each session)	Leg abduction and adduction side lying	5 sets, 10 reps
	Low back extensions prone over a couch	5 sets, 10 reps
	Standing one leg weight pulling abduction and adduction	5 sets, 10 reps, each leg
	Abdominal sit ups straight and in oblique directions	5 sets, 10 reps
	Cross country skiing exercise on one leg	5 sets, 10 reps, each leg
	Lateral training on 'fitter'	5 mins
	Balance training	5 mins
	Skating movements on sliding board	1 min, 5 sets
	Eccentric strengthening using weight machines for hip adduction, abduction, flexion and abdominals	20 rep max progressed to 10 rep max

(Holmich et al, 1999; Holmich et al, 2011; Weir et al, 2011; Thorborg et al, 2013)

Return to running program		
Phase 1, Slow jogging	Phase 2, Straight sprints	Phase 3, Cutting
<p>Alternated day jogging beginning with 5 mins and increasing by 5 mins each run to a total time of 30 mins</p> <p>Slow running at easy pace</p> <p>Can progress to phase 2 when 30 mins of jogging provokes no pain</p>	<p>100m sprints, 1<sup>st</sup> 10m for acceleration and last 10m for deceleration</p> <p>First 6-8 reps at 60% max speed</p> <p>First increase speed and then reps building up to 15-20 reps</p> <p>Can progress to phase 3 when 15 straight maximal sprints provoke no pain</p>	<p>Sport specific sprints involving changing directions</p> <p>First 6-8 reps at 60% max speed</p> <p>First increase speed and then reps building up to 15</p> <p>Can progress to sports when 15 cutting maximal sprints provoke no pain</p>

(Hogan AA, 2006)

**Video Exercise:**

Adductor Exercises: [https://www.youtube.com/playlist?list=PLf2gHCz2KYTDN74OfDGDZtSiYQ1O\\_sBlx](https://www.youtube.com/playlist?list=PLf2gHCz2KYTDN74OfDGDZtSiYQ1O_sBlx)

Copenhagen Exercise: [https://www.youtube.com/watch?v=0rs\\_f5SFzK4](https://www.youtube.com/watch?v=0rs_f5SFzK4)