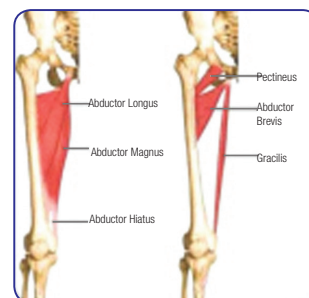


Adductors

The Adductors are a group of muscles that include the Adductor Magnus, Longus and Brevis, the Gracilis and the Pectineus.

The Adductor Hiatus is simply a space in the attachment of the Adductor Magnu. The Adductors originate on the pelvic bone and attach at intervals along the length of the thigh. This interval attachment provides the most power and stability for the hip joint and the thigh.

The primary function of the Adductors is adduction (the movement of the leg in towards the centerline of the body). The Adductors also serve to stabilize the hip joint.



LYING ADDUCTOR SQUEEZE

- Lie on your side, and cross upper leg over the lower
- Rest that foot on the floor
- Raise your lower leg a few inches off the floor, up towards the ceiling, then lower again
- Aim to keep the foot off the floor at all times throughout the exercise
- Try and keep the knee and toes of the lower leg facing forward
- Ankle weights, or resistance bands will make this exercise harder



STANDING ADDUCTOR SQUEEZE – CABLE CROSS OVER

- Attach the ankle strap to the lower clip on the cable crossover and to the ankle
- Stand side on to the machine
- Legs shoulder width apart
- The leg attached to the ankle strap should be closest to the machine
- Raise the attached leg slightly
- Gently pull the resisted leg towards the mid line of the body then back to the starting position
- Keep the leg off the ground through the set
- Keep the supporting foot flat to the ground with the knee bent slightly
- Swap Leg and repeat
- This can be done with resistance bands



STATIC ADDUCTOR CONTRACTION

- Grab a small stability ball
- Sit in front of it with your legs out stretched and the ball in between your feet
- Either support your back by leaning up against a wall or by leaning on your hands
- Keep the ball on the ground and grasp the ball with the inside ankles, gently trying to squeeze your ankles towards each other
- Hold for 10-30 seconds depending on strength and endurance
- Relax and repeat

