

Exercise plan:
Gilmore's Groin

Patient:
Mrs Julie Dass

Date:
03rd Apr 2017

Leg lift

Lift your leg off the floor/bed. This exercise will mobilise your hip joint and strengthen the hip flexor muscles. Lift your leg as far as feels comfortable, but with the aim to increasing your leg lift as your leg becomes stronger and more mobile.

Video: <http://youtu.be/67ajrE4Ajak>



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Hip flexion lying

Bend your knee towards your chest. This exercise will mobilise your hip joint and strengthen the hip flexor muscles. You can make the exercise stronger by pulling your knee towards your chest. As your hip becomes more mobile, you should be able to bend it further.

Video: <http://youtu.be/a6OPHJaEfXA>



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Hip flexion sitting

Bend your knee towards your chest. This exercise will mobilise your hip joint and strengthen the hip flexor muscles. You can make the exercise stronger by pulling your knee towards your chest.

Video: <http://youtu.be/l6ChVWAVwbg>



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Hip flexion with External rotation

Turn your leg outwards, and then lift it off the floor/bed. You will feel a pull on the inside of your leg. You can either keep a sustained hold, or move your hip up and down but without resting at the floor.

Video: <http://youtu.be/mNPabW3n-nw>



Hip flexion with Internal rotation

Turn your leg inwards, and then lift it off the floor/bed. You will feel a pull on the inside of your leg. You can either keep a sustained hold, or move your hip up and down but without resting at the floor.

Video: <http://youtu.be/YjuV11rnE>



Hip flexion standing

Stand up against a wall, and move your leg in front of you at approximately a 30 degree angle. You will most likely feel a stretch behind the back of the thigh (hamstring).

Video: <http://youtu.be/-l4mUCpbzPE>



Glute stretch supine 2

Lie on your back, and bend your knee to 90 degrees (i.e. pointing straight up). Place your ankle across your knee. To make the stretch stronger, pull your ankle towards you, while pushing away with the opposite knee (the side getting stretched). You should feel a stretch in your bottom.

Video: <http://youtu.be/DxHx-Dmlm20>



Leg lift prone

Lift your leg behind you. You can either hold this position as a sustained hold, or move your leg up and down. This exercise predominantly strengthens your gluteal (buttock) muscles, but also your lower back muscles on the side you are lifting.



Video: <http://youtu.be/QsTf8NVXavA>

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Leg lift prone bilateral

Lift your legs behind you. You can either hold this position as a sustained hold, or move your legs up and down. This exercise predominantly strengthens your gluteal (buttock) muscles, but also your lower back muscles.



Video: <http://youtu.be/Lm9z0SCT9m0>

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Hip extension side-lying

Lie on your side, and move your hip behind you. If its more comfortable, you can hold your bottom knee to provide added support. This exercise predominantly strengthens your gluteal (buttock) muscles and stretches your hip flexor in the front of your thigh.



Video: <http://youtu.be/E35ZlrPRzb8>

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Hip extension standing

Stand with your hand on a wall, table or chair, and extend your leg behind you, and return to neutral. You should feel a pull in your buttock (gluteal) muscles.

Video: <http://youtu.be/SWvnWGd0yQQ>



Adductor stretch lying

Lie on your back, bend your knee, and drop your leg out to the side. You will feel a stretch on the inside of your thigh, known as the adductor muscle group.

Video: <http://youtu.be/nFYPzfXPnGA>



Adductor stretch lying two legs

Lie on your back, bend your knees, and drop your legs out to the side. You will feel a stretch on the inside of your thighs, known as the adductor muscle group.

Video: <http://youtu.be/cgoxtfTXkOk>



Adductor stretch sitting overpressure

Sitting down on a chair or the floor, bend your knee and drop your leg to one side to create a stretch on the inside of your leg. Use your hand to push the leg downwards creating a stronger stretch. This exercise stretches your adductor muscles. Hold the stretch for the required time, and relax.

Video: <http://youtu.be/TvR4J3R3tnY>



Adductor stretch standing

Stand with a wide stance, and lean towards one side creating a stretch on the inside of your leg. Hold the stretch for the required time, and relax. Be careful not to go too strong, the adductor muscles on the inside of your thigh can easily pull if you stretch too hard.

Video: <http://youtu.be/zic8EezO6pM>



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Hip adduction with flexion standing

Stand up with good posture, and bend your hip to 90 degrees, and move your leg across your body. This exercise is good for mobilising a stiff hip joint.

Video: <http://youtu.be/GGhaSVSHI8I>

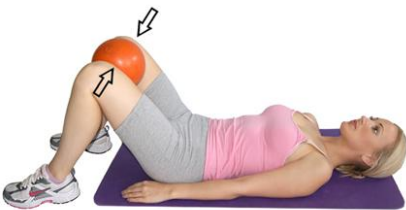


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Adductor medicine ball squeeze lying

Lie down, and bend your knees so your feet are flat on the ground. Squeeze a medicine ball between your knees. If you don't have a medicine ball, you can use a goof ball or football. You will feel the pressure on the insides of your thighs. This exercise is a strengthening exercise for the adductor muscle group.

Video: <http://youtu.be/dRIMu4GAtI0>



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Clam

Lie on your side, with both knees bent. Keeping your feet together, and squeeze your deep abdominal muscles by drawing the belly button inwards. Open your knees, like a clam, hold, and return to the start position. This is a good strengthening exercise for your gluteal (buttock) and outer thigh/hip muscles.



Video: <http://youtu.be/1ECrWm-3SKo>

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Dear Mrs Dass, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on stabletherapycentre@gmail.com. Good luck and keep with it!