Adductor exercises pdf

Many athletes neglect their add-ons. Lifts often focus on their quads, buttocks, hamstrings and less on their calves. But when your inner thighs hurt or tight, your adductors have made their presence felt. God forbid the groin gets pulled out. Why tolerate these potential physical ailments when you might instead just pay more attention to your add-ons? What are adductors? Image via Shutterstock/ Hank GrebeThe adductor muscle group consists of these muscles: Adductor breuctor adductor longusAdductor magnus (including adductor minimus)Pectineus: the most anterior hip adductor, allows the flexion of the hip. Gracilis: a thin, flat muscle on the medial thigh surface. External obturator: the muscle that covers the outer surface of the anterior wall of the pelvis. Adducors occur on the pubic and ishim bones (bottom of the pelvis) and insert on the medial posterior surface of the femur (thigh bone). Okay, so what do the adductors do? These main role of the adductor muscles is the adduct (movement to the middle line of the body) of the hips and hips. In other words, if your feet are kneaded, they help bring them back together. They are also prime movers to help you get out of the bottom of the squat. Adductors are often trained on the adductor/stealer machine, where, if looking for an awkward moment, eye contact is a definite no-no. Other important addductor muscle functions: Hip flexionHip internal and external extension of the RotationPelvis stabilizationKnee flexionImage through Shutterstock/Meesiri3 Reasons why addductors are important1. Prevention of injuriesPreced supplementors directly can better prevent groin deformity. And if you're an athlete competing in a sport that requires you to sprint or change direction, the power add-on should be one of your priorities. A review published in the British Journal of Sports Medicine in 2015 concluded that hip adductor strength is one of the most common risk factors for groin injury in sport (1). One study conducted on professional hockey players found that they were seventeen times more likely to sustain a groin injury if their adductor strength was less than 80% of their captor strength (2).2. Expanding your hip and FlexionIt may be obvious, but your hips are flexible and extend during many common movements such as jumping, sprinting, squats, and deadlifting. Having an explosive hip extension is one of the differences that separate good athletes from great athletes. The buttocks and hamstrings are the main exensors of the hip joint, but the adductor magnus (the largest adductor muscle) helps with hip enlargement as well. If you've ever felt that your adductors are sore after a brutal day of foot, now you know why. Improving the rotational PowerImage via Shutterstock/JoeSAPhotos The ability of adductors internally and externally hips are directly related to the rotational power. Thus, athletes whose sports require rotational power to work well will benefit greatly by strengthening their adductors. Here's a short list of sports sports The main movement is either swing or throwing movements, both of which are inherently rotational: GolfTennis (and any other sport that uses a racket)Hockey (like ice and field)BaseballFootball (particularly quarterback and special teams)Lacrosse:Check out these seven rotational exercises that help build explosiveness. Here are four accessory exercises to make sure your adductors get the attention they deserve. Single Bridge Glute with SqueezeThis exercises trains the add-ons of straight legs during a thigh extension workout on the other side. Squeezing the foam roller or medicine ball ensures the extension of the thigh is concerned with the buttocks rather than the lower back. Form Tips and Programming SuggestionsMake is sure that you feel it in your adductors and buttocks rather than your lower back. This is definitely an exercise you don't need much weight. Ensuring a proper feeling; that you feel that work going on in the right places is more important that the amount of weight used. Try 3 sets of 8-12 reps on each leg after your main strength movement throughout the day.2. Cossack squats Cossack squats trains both adductors and kidnappers when working frontal (horizontal) plane. It is great to train the body to move in different directions, since most strength exercises work along a sagittal (vertical) plane. This movement is the perfect warm-up exercise before kick day. If you feel strong and comfortable enough, feel free to add weight. Form Tips and Programming SuggestionsThe Cossack squats problems hip mobility, so if you're limited in the area, just go as far down as your body allows. There is no need to tear the groin muscles in the gym because you are pushing awkwardly beyond your boundaries. It's not the maximum strength of exercise, so don't go crazy with load.3 sets of 8-12 reps will have you feeling your inner thigh when you wake up tomorrow. Related: Find out how to do this with the ultimate guide to Cossack squats. Planck's Copenhagen side involves maintaining a sideboard where the upper foot tries to sing against the bench. You should feel that your oblique engage further to maintain stability while maintaining the stability of the adductor. Form Tips and Programming SuggestionsChanging lever on this exercise (knee or ankle on the bench) makes it easier or harder. Make sure to draw the buttocks, actively push the elbow (or arm) into the ground and keep the body in a straight line. Instead of trying for a while, take 3-5 breaths on both sides. Rotary Med Ball Scoop TossAny rotary medicine ball throw will do here; scoop-sucking is an example of many. This exercise is a great starting point if you've never done a rotational throw before. Medicine throws the ball Fun and can add power to your training. Form Tips and Programming SuggestionsChoose size medicine ball wisely, because if you go too heavy, you end up learning strength, not power. Make sure you're generating energy from your hip back (inner rotation) rather than your yours OffersPerform this before your strength training during the day for 2-3 sets of 6-8 reps on both sides. Packing UpIt will only naturally neglect the smaller, non-showy muscles of your body. But with the adductors, you do it at the risk of injury and being blown up on the sports field. And these exercises are a little less embarrassing than a yes/no machine. The frequently asked addductor questions are a group of muscles on the inside of the thighs, and their main function is bringing the feet together and turning the hips towards the middle line of the body. They occur on the pubic and ishum bones (bottom of the pelvis) and insert on the medial posterior surface of the femur (thigh). How many muscles are adductors? The adductor muscle group consists of these muscles: Adductor brevisAdductor longusAdductor magnus (including adductor minimus)Pectineus: the most front hip adductor. Gracilis: a thin, flat muscle on the medial thigh surface. External obturator: the muscle that covers the outer surface of the anterior wall of the pelvis. Why do athletes need strong adductors? Strong, stable, healthy adductors are needed for optimal hip enlargement, they help keep the knees in line with the legs during squats (especially at the bottom of squats) and they can help prevent groin strain. In fact, one study found that disproportionately weak addductors increased the risk of injury to an athlete seventeen times. Addductors are also crucial to rotation power, so athletes in sports that include swinging (such as golf and tennis) or throwing (such as football and baseball) should not neglect adductors. Pain or a dense groin can be a sign of weak adsudors. Links to Jackie L Whittaker, et al. Risk Factors for Groin Injury in Sports: An Updated Systematic Review. Br J Sports Med 2015; 49:803-809 Tyler TF, et al. Link of hip strength and flexibility with the frequency of additive muscle strains in professional hockey players. Am J Sports Med. 2001 Mar-Apr;29(2):124-8.Feature Image via Shutterstock/Meesiri. You can't associate groin muscles (aka hip adductors) with running; they, and injuries to them, are usually associated with sports like tennis, hockey, basketball, or football - a sport with significant lateral movement. But if your hip adductors are weak and stiff, you're not the best runner you can be. Hip adductor problems can cause knee pain, lower back pain, hip pain and ineffective running. Mobilizing and strengthening adductors can help cure these pains, and make you a more powerful runner. The role of adductors in launching your hip adductors work constantly while running gait. They slow down the femur at the foot and stabilize the pelvis as you pass over your leg. They also move you forward on a push-off and slow your track leg as it moves behind you. Adduktor activity increases as you run uphill, downhill or run faster. Mobility - Power Exercises Next Mobility and Strength Strength will make your adductors strong and resilient. All the exercises are demonstrated in this video and are described below. Be aware of this and keep tight control over these exercises. Don't rush, and don't let the exercise control you. Any plot should feel moderate - not too intense and never painful. For strength exercises, work up to the point of tension and stop a little less than complete exhaustion. Dreli Mobility: Photo: Kyle Norman 1) KneelIng Adductor Matrix Knee on his left knee and turning his right foot to the side with his right foot perpendicular to his left leg and left knee in line with his right heel. The farther the right leg from the left knee, the greater the groin sprain. Adjust your leg properly to get the best stretch. Stay high and slide straight for 5-10 reps, stopping briefly at the end of the range where you feel the stretch and then return to the top position. Repeat this exercise, but now, as you slide into the stretch, reach your hands in one of six directions: Reach your hands forward and down, allowing the trunk to lean forward as you slide to the right. Reach your hands high above your head as you slide to the right. Turn your arms and torso to the right as you slide to the right. Turn your arms and torso to the left as the lower body slides to the right. Reach your left hand over your head to the right, leaning to the right as you slide to the right. Reach your right hand above your head to the left, leaning to the left as the lower part of the body slides to the right. Repeat the entire sequence on your knees on your right knee. Photo: Kyle Norman 2) Four-legged straight leg swinging on his knees on both knees. Straighten one leg to the side, so that this leg is perpendicular to your kneeling leg. Place both hands flat on the ground a little in front of your shoulders. Keep your eyes forward to help keep your spine neutral, and rock your hips back to your heels, away from your hands, and then rock your hips forward to the ground. You should feel a strong stretch in the adductors straight legs. You should also feel a stretch in your legs when you sit idly by. To mobilize the thoracic spine, sit back in the stretch and freeze. Reach with one hand under the torso, then turn around and reach the ceiling. Do 5-10 reps. Then use the other hand to perform the same thing in a different direction. Switch to your feet and repeat the process. Strength exercise: Photo: Kyle Norman 1) Loaded groin Glide This exercise is similar to the matrix of the groin on the knees. The difference is that you will keep the weight in front of you. You can use dumbbell or dumbbells, weights, a stack of books, a bowling ball, or anything else you like. You can increase the load by keeping the weight further away from your body and you should notice a reflex tightening of the nucleus as a result. Stay high and slide into the stretch, stopping briefly at the end of the range and then return. Repeat for repetitions to the point of voltage. Photo: Kyle Norman 2) Copenhagen Adductor Exercise You'll need a weight bench, a coffee table with a pillow on it, or or or similar surface. Arrange yourself in the position of the side board with the elbow under the torso and knee (easy), shins (harder), or ankles (hard) on the bench. Hold your upper hand on your hip. Use your foot on the bench to lift your hips and torso off the ground (the only common points currently are your upper leg and lower elbow). Pause and lower yourself to the ground. Repeat for reps or keep yourself in position up for a while. Work on tension. Flip over and repeat on the other side. Experiment with knee/ankle position on the bench. Photo: Kyle Norman 3) Common Lunge Matrix: Start with four lunges in each direction (two on the leg.) Work up to 10 lunges on the leg in each direction, then you can add weight. Forward lunge: kernel brackets. (Holding weight in front of the body will help.) Take a lunge forward, allowing both knees to bend on impact. Pause briefly in the lower position then drive forcefully into the ground to get back to the top. Same side lunge: bracket the core as above. Keeping both legs straight, come out to one side, allowing the lunge side of the hip, knee and ankle to bend when hit. Keep the knee track blocked or almost blocked. Pause and return as described above. The same lateral rotational lunge: kernel braces, as above. Take the step of spinning a lunge to one side of the body, from the footprint of the foot. (Like getting out of a car.) Allow the lunge of the hip, knee and ankle bend when impacted. Pause and return as described above. Consistent progress in better runner adductors are crucial to effective, healthy running, but they are often overlooked. Adductor weakness and tightness can contribute to pain in other regions of your body. Appropriate mobility and strength will help you work better. Much, as it works, you will be rewarded if you are consistent. Try to do a higher routine 1-2 times a week. Progress strength exercises by adding weight and/or repetitions, or time. Consult a health care professional if you are in pain and you suspect injury. - Kyle Norman, MS, is a Denver, Colorado-based personal trainer, strength coach and running coach with 20 years of experience. He specializes in helping people move well, get strong and get out of pain. You can follow his blog on www.denverfitnessjournal.com. www.denverfitnessjournal.com. hip adductor exercises pdf. eccentric adductor exercises pdf. adductor tendinopathy exercises pdf. adductor strain exercises pdf. adductor strengthening exercises pdf. hip adductor strengthening exercises pdf. hip adductor strain exercises pdf. adductor longus exercises pdf