

Groin Rehab Program

| Exercise | Teaching | Coaching | Common Errors |
|----------------------------------|--|---|---|
| Cable Adduction/Flexion | <p>Stand facing 90 degrees from cable machine. Outside leg is slightly externally rotated. Inside leg is in neutral position and resistance is attached to ankle strap.</p> | <ul style="list-style-type: none"> ☒ Athlete needs to maintain a neutral spine and load off leg or outside leg. ☒ Resistance is attached directly above the patella. ☒ Adduct and flex hip past 90 degrees. ☒ Abduct and extend hip until end ROM. ☒ Athlete must control the resistance throughout entire ROM. ☒ Hand placement can be a source of exercise progression: <ul style="list-style-type: none"> - Holding on – Beginner - Hips - Behind head - Overhead position - Overhead with external load | <ul style="list-style-type: none"> ☒ Athlete will compensate, which is visible with posture breakdown. ☒ Athlete will begin using momentum by adding excessive internal/external rotation. ☒ Athlete will also externally rotate at hip and lead with foot rather than knee. |
| Cable Horizontal Adduction | <ul style="list-style-type: none"> ☒ Stand square facing away from cable machine. ☒ Work Leg/ Up Leg is horizontally abducted to 90 degrees. ☒ Off Leg/ Down Leg is in neutral position with slight bend at the knee. ☒ Hand placement can be a source of exercise progression: <ul style="list-style-type: none"> - Holding on – Beginner - Hips - Behind head - Overhead position - Overhead with external load | <ul style="list-style-type: none"> ☒ Athlete should horizontally adduct until hip is flexed at 90 degrees in the sagittal plane. ☒ Hip must stay flexed at 90 degrees throughout entire motion. | <ul style="list-style-type: none"> ☒ Athlete will compensate, which is visible with posture breakdown. ☒ Athlete will begin using momentum by adding excessive internal/external rotation of off leg. |
| ☒ Cable Flexion | <ul style="list-style-type: none"> ☒ Stand square facing away from cable machine. ☒ Adjust foot position to slight split squat position. ☒ Resistance attached to back leg with ankle strap. ☒ Hand placement can be a source of exercise progression: <ul style="list-style-type: none"> - Holding on – Beginner - Hips - Behind head - Overhead position - Overhead with external load | <ul style="list-style-type: none"> ☒ Core must be tight and neutral spine maintained entire time. ☒ Flex back leg up past 90 degrees. ☒ Off leg slightly flexed at knee and loaded. | <ul style="list-style-type: none"> ☒ Athlete will compensate, which is visible with posture breakdown: <ul style="list-style-type: none"> - Hips sink under. - Shoulders will come forward as if the athletes were performing abdominal crunch. - Off leg must maintain only slight flexion at the knee. |
| ☒ Kneeling Slide Board Adduction | <ul style="list-style-type: none"> ☒ Kneel on slide board with both feet together. ☒ Both knees will require padding and SB boots. ☒ Glutes fired with strong core position. <ul style="list-style-type: none"> ☒ Straight Line from shoulder to hip. ☒ Feet stay together. ☒ Hand placement can be a source of exercise progression: <ul style="list-style-type: none"> - Holding on – Beginner - Hips - Behind head - Overhead position - Overhead with external load | <ul style="list-style-type: none"> ☒ Athlete will slowly abduct adduct keeping strong core and glutes fired. ☒ External rotation at the hip is acceptable. ☒ Bands can be added to increase resistance through adduction. | <ul style="list-style-type: none"> ☒ Athletes will begin to allow hips to sink and which results in slight flexion. ☒ Strong core position is not maintained. |
| ☒ Wall Flexor | <ul style="list-style-type: none"> ☒ Athlete will stand against wall with 5 points of contact: <ul style="list-style-type: none"> - Head - Shoulder - Glutes - Knee – 6" away from wall - Heel – 6" away from wall ☒ Strong core and great posture – neutral spine must be maintained. <ul style="list-style-type: none"> ☒ Hand placement: <ul style="list-style-type: none"> - Out to the side - Hips - Behind head - Overhead position | <ul style="list-style-type: none"> ☒ Athlete must flex hip and knee past 90 degrees until posture compensations are unavoidable. ☒ Athlete must maximize ROM and pause at the end ranges. ☒ Off leg slightly flexed at knee and loaded. | <ul style="list-style-type: none"> ☒ Athlete will compensate, which is visible with posture breakdown: <ul style="list-style-type: none"> - Hips sink under. - Shoulders will come forward as if the athletes were performing abdominal crunch. ☒ Off leg must maintain only slight flexion at the knee. |

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| Pedals | <ul style="list-style-type: none"> ☒ Mini Band is around both feet just slightly above both arches. ☒ Athlete is lying in a supine position with both knees flexed past 90 degrees. ☒ Core must be flexed and neutral spine maintained – No lordosis. | <ul style="list-style-type: none"> ☒ Athlete will extend knee and hip on off leg while maintain a flexed psoas major on work leg. ☒ Hold position at both end ranges. | <ul style="list-style-type: none"> ☒ Athletes will allow the work leg to float – must maintain isometric contraction. |
| Lateral Lunge | <ul style="list-style-type: none"> ☒ Standing Square – Slight external rotation is ok. ☒ All movement within frontal plane. ☒ Neutral spine with scapula retraction. ☒ Hand placement: <ul style="list-style-type: none"> - Hips - Behind head - Overhead position - Overhead with external load ☒ Stationary or traveling. | <ul style="list-style-type: none"> ☒ Athlete takes lateral step maintaining upright torso. ☒ Athlete's weight must remain back on heels, keeping knee behind toe. | <ul style="list-style-type: none"> ☒ Athlete's weight may be on toes making movement quad dominant. ☒ Excessive forward lean of torso. |
| Transverse Lunge | <ul style="list-style-type: none"> ☒ Neutral spine with scapula retraction. ☒ Hand placement: <ul style="list-style-type: none"> - Hips - Behind head - Overhead position - Overhead with external load - Final progression – Med ball throw with body weight or weight vest. | <ul style="list-style-type: none"> ☒ Rotational step with torso remaining upright: <ul style="list-style-type: none"> - Right leg @ 12 o'clock left leg lunge to 9 o'clock - Left leg @ 12 o'clock right leg lunge to 3 o'clock ☒ Weight remains on heels with knees behind toes. ☒ Athlete should externally rotate on off/front leg and internally rotate on work/back leg. | <ul style="list-style-type: none"> ☒ Steps can become too shallow or foot placement is sloppy. ☒ Excessive forward lean of torso. |
| PVC Anterior Reach | <ul style="list-style-type: none"> ☒ Start standing square with slight flexion at both knees. ☒ Keep neutral spine – Ensure by keeping points of contact with bar – Sacrum & Head. | <ul style="list-style-type: none"> ☒ Athlete must bend at the hip maintain both knee angle and neutral spine. ☒ Athlete must push both hip and knee back to ensure hip hinge and limit flexion through vertebral column. ☒ Drive through the heels and squeeze glute. | <ul style="list-style-type: none"> ☒ Athlete will increase knee flexion as they lean forward. ☒ Athletes will round back and lose posture. |
| Baby Sumo Squat with PVC | <ul style="list-style-type: none"> ☒ Start with feet only slightly wider than standard squat position with hips externally rotated. ☒ Begin with PVC overhead. | <ul style="list-style-type: none"> ☒ Athlete should reach for toes keeping only slight or no bend in knee. ☒ Reach hips back as far as possible and squat down until hamstrings reach calf ideally. - No external load to allow free motion through back. ☒ Open up through shoulders until PVC is above hips and heels. ☒ Athletes weight should be on heels at all times – athlete should wiggle toes. ☒ Drive through heels and return to initial position. | <ul style="list-style-type: none"> ☒ Athletes will rush through motion and not pause allowing for stretch. ☒ Athlete's weight will be too much on toes and knees will drift past toes. |
| PB Cable Groin Squeeze Single Leg/Bilateral | <ul style="list-style-type: none"> Start in seated Position on Physioball with thigh straps above both knees facing Keiser Machine with feet together | <ul style="list-style-type: none"> Athlete must maintain neutral spine & appropriate pelvic tilt - squeeze knees together | <ul style="list-style-type: none"> Athletes will lose posture and not isolate adductors |
| Plank Val Slide Adduction | <ul style="list-style-type: none"> Start in Plank Position | <ul style="list-style-type: none"> Maintain Postural Integrity through core & Hips - full abduction and adduction | <ul style="list-style-type: none"> Maintain Back position and neutral position at the hip - Athlete will externally rotate to use more TFL during adduction |
| Supine Cable Flexion/Supine Cable Adduction | <ul style="list-style-type: none"> Laying in Supine Position with feet towards Resistance - Athlete will flex knee above 90 degrees without losing neutral spine. Laying in Supine Position perpendicular to Cable Machine - Athlete will slowly abduct and adduct again with neutral Spine. | <ul style="list-style-type: none"> Athlete must prevent and flexion through the Lumbar as well as excessive posterior tilt during flexion. Athlete must engage QL during adduction to prevent lateral flexion of the spine. | <ul style="list-style-type: none"> Isolate ROM at the hip without cross joint compensation at the pelvis and lumbar spine |
| Valslide Lateral and Rotational Lunge Pattern | <ul style="list-style-type: none"> Start standing with 1 foot on valslide. | <ul style="list-style-type: none"> Athlete will lunge with foot on valslide eccentrically loading leg until end range of motion is reached with proper posture | <ul style="list-style-type: none"> Athlete may perform motion but without good posture. |