

## Tennessee Back Pain Center

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### Adductor Isometrics – Exercise Instructions

- This exercise is performed sitting.
- Make sure you are sitting straight up with your feet hips-width apart.
- Place a pillow, foam roller, or yoga block between your knees.
- Squeeze the object with your knees.
  - Hold for 30 seconds and then return to starting position
  - Perform this 1 time
    - 1 repetition = 1 set
    - Perform three sets, twice a day or as prescribed by your doctor.
- Helpful Tips
  - You should feel this exercise in your inner thighs or groin area
  - Try to go slow and controlled, instead of squeezing super hard
  - If you get cramping while performing this exercise, you are squeezing too hard
- Notes:
  - You should feel this exercise in your inner thighs or groin area. If you are feeling fatigue or discomfort elsewhere, please consult your doctor.
  - As always, abide by a pain rule of 4/10. Anything below a 4/10 is okay to push through. Anything above a 4/10, please stop and consult your doctor. We understand this rule is subjective but do your best to judge your pain.

# Adductor Isometric

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