

Appendix 1

| Exercise | Week 1 | Week 2 | Week 3 |
|---|---|------------------------|------------------------|
| 1. Groin stretch with TheraBand (active isolated stretch) | 3×10 sec 45s rest between sets 60s final rest | 3×12 sec 45s 60s | 3×14 sec 45s 60s |
| 2. Adductor muscle stretch (dynamic) | 3×10 reps 45s 60s | 3×12 45s 60s | 3×14 45s 60s |
| 3. Adductor muscle stretch (static) | 3×10 sec 45s 60s | 3×12 45s 60s | 3×14 45s 60s |
| 4. Side-lying hip adduction with ankle weight | 3×10 reps 45s 60s | 3×12 45s 60s | 3×14 45s 60s |
| 5. Hip adduction at three angles with the TheraBand | 3×10 reps 45s 60s | 3×12 45s 60s | 3×14 45s 60s |
| 6. Eccentric adduction using Val slide | 3×10 reps 45s 60s | 3×12 45s 60s | 3×14 45s 60s |
| 7. Dynamic strength adduction exercise with the TheraBand | 3×10 reps 45s 60s | 3×12 45s 60s | 3×14 45s 60s |
| 8. Anterior oblique sling training with TheraBand (Level 1: Supine) | 3×10 reps 45s 60s | 3×12 45s 60s | 3×14 45s 60s |
| 9. Level 2: Kneeling on both knees | - | 3×10 sec 45s 60s | 3×12 45s 60s |
| 10. Level 3: One knee down, other knee at 90°, foot on ground | - | - | 3×10 sec 45s 60s |

Week 4–6

| Exercise | Week 4 | Week 5 | Week 6 |
|--|-------------------------|-------------------------|-------------------------|
| 1. Groin stretch with TheraBand | 3×14 sec 45s 60s | 4×12 sec 45s 60s | 4×14 sec 45s 60s |
| 2. Adductor stretch (dynamic) | 3×14 reps 45s 60s | 4×12 45s 60s | 4×14 45s 60s |
| 3. Adductor stretch (static) | 3×14 sec 45s 60s | 4×12 45s 60s | 4×14 45s 60s |
| 4. Side-lying hip adduction with/ ankle weight | 3×14 reps 45s 60s | 4×12 45s 60s | 4×14 45s 60s |
| 5. Hip adduction in 3 angles w/ TheraBand | 3×14 reps 45s 60s | 4×12 45s 60s | 4×14 45s 60s |
| 6. Eccentric adduction with Val slide | 3×14 reps 45s 60s | 4×12 45s 60s | 4×14 45s 60s |
| 7. Dynamic strength adduction with the TheraBand | 3×14 reps 45s 60s | 4×12 45s 60s | 4×14 45s 60s |
| 8. Ant. oblique sling with TheraBand (Level 1: Supine) | 3×14 reps 45s 60s | 4×12 45s 60s | 4×14 45s 60s |
| 9. Level 2: Kneeling on both knees | 3×14 sec 45s 60s | 4×12 45s 60s | 4×14 45s 60s |
| 10. Level 3: One-knee, other 90° | 3×12 sec 45s 60s | 3×14 45s 60s | 4×12 45s 60s |
| 11. Level 4: Lunge position | 3×10 reps 45s 60s | 3×12 45s 60s | 3×14 45s 60s |
| 12. Kneeling on balance disc (stability) | 3×10 sec 45s 60s | 3×12 45s 60s | 3×14 45s 60s |
| 13. "Woodchopper" with medicine ball, standing | - | 3×10 reps 45s 60s | 3×12 45s 60s |
| 14. Rotational throw to wall, kneeling (1 knee, 90°) | - | - | 3×10 reps 45s 60s |

Week 7–8

| Exercise | Week 7 | Week 8 |
|--|-------------------------|-------------------------|
| 1. Groin stretch with TheraBand | 4×14 sec 45s 60s | 4×14 sec 45s 60s |
| 2. Adductor stretch (dynamic) | 4×14 reps 45s 60s | 4×14 reps 45s 60s |
| 3. Adductor stretch (static) | 4×14 sec 45s 60s | 4×14 sec 45s 60s |
| 4. Side-lying hip adduction with weight | 4×14 reps 45s 60s | 4×14 reps 45s 60s |
| 5. Adduction at 3 angles with TheraBand | 4×14 reps 45s 60s | 4×14 reps 45s 60s |
| 6. Eccentric adduction with Val slide | 4×14 reps 45s 60s | 4×14 reps 45s 60s |
| 7. Dynamic adduction with TheraBand | 4×14 reps 45s 60s | 4×14 reps 45s 60s |
| 8. Ant. oblique sling with TheraBand (Level 1: Supine) | 4×14 reps 45s 60s | 4×14 reps 45s 60s |
| 9. Level 2: Kneeling on both knees | 4×14 sec 45s 60s | 4×14 sec 45s 60s |
| 10. Level 3: One-knee, other 90° | 4×14 sec 45s 60s | 4×14 sec 45s 60s |
| 11. Level 4: Lunge position | 4×12 reps 45s 60s | 4×14 reps 45s 60s |
| 12. Kneeling on disc, balance | 4×12 sec 45s 60s | 4×14 sec 45s 60s |
| 13. "Woodchopper" with medicine ball | 3×14 reps 45s 60s | 4×12 reps 45s 60s |

| Exercise | Week 7 | Week 8 |
|--|---------------|---------------|
| 14. Rotational medicine ball throw, kneeling | 3×12 reps | 3×14 reps |
| | 45s | 45s |
| | 60s | 60s |
| 15. Ant. oblique sling chest press with TheraBand (kneeling) | 3×10 reps | 3×12 reps |
| | 45s | 45s |
| | 60s | 60s |