

Copenhagen Plank / Abduction Exercise

GREAT ATHLETIC TRAINING EXERCISE SERIES

This is an advanced exercise at all levels. An individual starts by lying on his or her side with the forearm supported on the floor and the top leg being held by a partner at either the ankle (hard) or the knee (easier). A sidebridge position in other words. The individual then raises his or her body and the bottom leg up, until the feet touch and the body is in a straight line. The body and leg then lower, so the foot just gently touches the floor, and then is repeated for desired repetitions. A variation without partner assistance is placing the top foot onto a chair, bench or another stable surface, while holding the bottom leg off the ground. Remember to keep your core braced and your spine in neutral. While the Copenhagen adduction exercise has been shown to be extremely beneficial, it is considered an advanced exercise. I would suggest just starting with 1-3 set of 5 to 10 reps and try to do it 3 x a week. See videos on how to perform all variations [here](#).



I'm always looking for the best exercises to prevent injury and sustain performance for the athletes I work with. In a series of *Just Do Its* I will go over some of my favorites. The Copenhagen Adductor Exercise is one of my favorites, especially considering I have a labral tear of the hip. Ever since I started doing this exercise 3 x a week I do not have the occasional inner thigh pain that I once had. If you doing running sports that require cutting and or kicking this exercise is a must. The Copenhagen plank, or Copenhagen adduction exercise, is a side plank variation that targets the muscles of the inner thigh and groin (the adductors). This exercise also strengthens the lateral core. Groin injuries happen a lot in sports and there seems to be a correlation between adductor strength and injury. For instance a study showed that players with greater hip adduction strength had significantly reduced odds of suffering a future hip or groin injury. (See more here). Another study compared 8 adductor exercises and found the Copenhagen adduction exercise to elicit high activation of the adductor longus. It was also shown to elicit the highest activation of the external oblique and rectus abdominis according to Rehab3. This is great because weak core has been suggested to be related to adductor strains. Other studies have shown it to be highly effective at increasing strength in soccer players which is a group prone to adductor strains. In another study a group of male soccer players completed a 36-week long adductor strengthening program using the Copenhagen Adduction exercise to reduce injury. The implementation of this program reduced the prevalence and risk of groin problems in male football players 41%! That is incredible.