



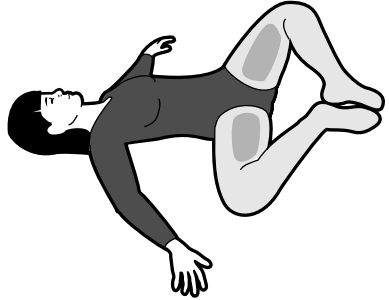
HOME EXERCISE PROGRAM ADDUCTOR STRETCHES

Purpose: To stretch the muscles of your inner thighs.

#1

Position: Lying on the floor with the soles of your feet together. Keep your back in neutral or pelvic tilt.

Action: Draw heels near buttocks, separate knees. Increase stretch with gentle pushing down on the inside of the thighs.



#2

Position: Sit with back against a wall, soles of feet together, hands on knees.

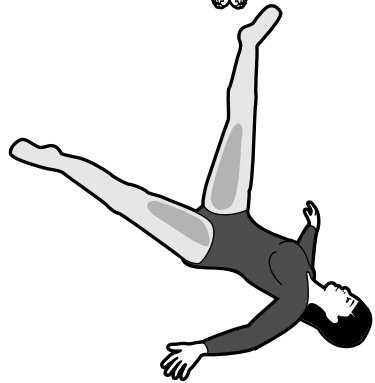
Action: Gently push the knees toward the floor until a stretch is felt.



#3

Position: Lying on back with heels on the wall, legs straight. Have buttocks as close to the wall as possible. Keep back in neutral.

Action: Slowly separate legs on the wall. Breathe regularly.



Hold position _____ seconds.

Repeat _____ times,

_____ times a day.