

Adductor stretch

Purpose: This stretch is used to open the inside of the legs to allowing the pelvis to move.

Note: With any stretching you want to go to the point where it does not feel like a stretch in the beginning. After 30 seconds you can sink into the stretch slowly. The more relaxed you can be while stretching the more stretch you will get.

How Often: This should be done a minimum of 3 times a week for best results. For optimal results this should be done every day. 3x per session.

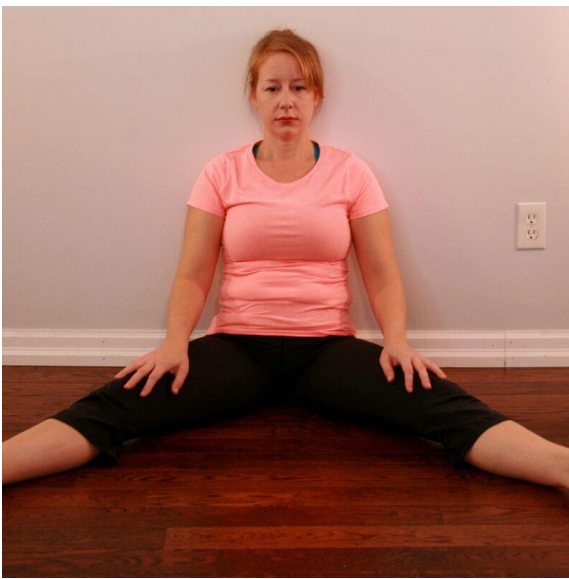
Directions:

For clients that are tight:

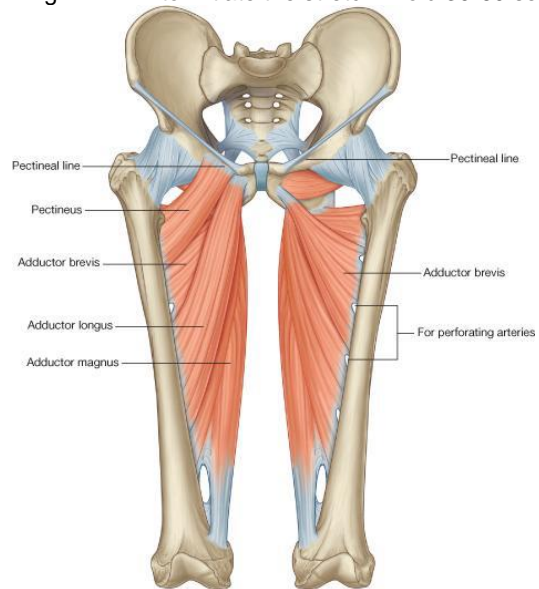
(A) Sit with your back against a wall and open legs to initiate stretch. Take nice, soft, full breaths in and out during the stretch. Hold for 30-60 secs. After 30 secs you can slowly move your butt forward to get more of a stretch.

For advanced clients:

(B) Sit with your back straight and bend at the knees and put soles of your feet together moving your feet out away or closer to you to initiate the stretch. (C) lay with your legs up the wall and open legs in a "V" to initiate the stretch. Hold 30-60 secs.

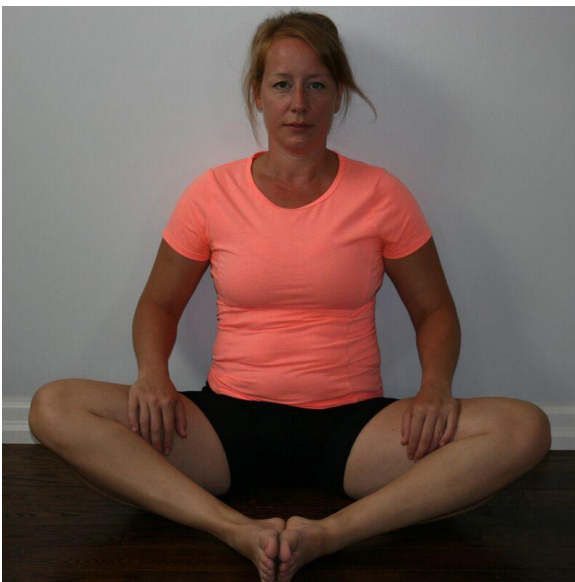


(A)

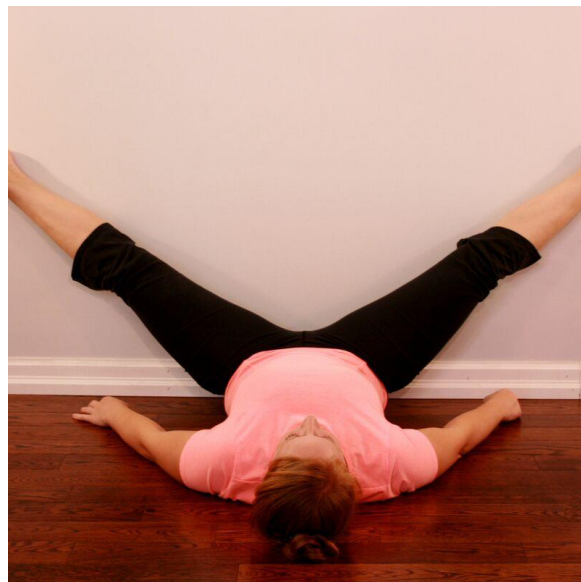


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Adductor muscles



(B)



(C)