

## Adductor Stretches/Strengthening

**Exercise:**

Bilateral Hip Adductor Stretch



IN THE SEATED POSITION BEND BOTH LEGS AND PUT THE FEET TOGETHER. ALLOW THE KNEES TO LOWER TO THE GROUND TO INCREASE THE STRETCH.

**Repeat:** 2 times      **Sets:** 1

**Hold Time:** 30 secs      **Resistance/Time:** 0

**Sessions:** 2 /day

**Exercise:**

Unilateral Hip Adductor Stretch



IN THE LYING POSITION BEND THE INVOLVED LEG THEN ALLOW THE KNEE TO FALL OUT TO THE SIDE TO OBTAIN A STRETCH IN THE INNER THIGH.

**Repeat:** 2 times      **Sets:** 1

**Hold Time:** 30 secs      **Resistance/Time:** 0

**Sessions:** 2 /day

**Exercise:**

Sidelying Hip Adduction



LYING ON YOUR SIDE TIGHTEN THE MUSCLES IN THE FRONT OF YOUR THIGH AND LIFT THE LEG 8-10 INCHES OFF THE GROUND. KEEP YOUR ENTIRE LEG IN-LINE WITH YOUR TRUNK.

**Repeat:** 10 times      **Sets:** 3

**Hold Time:** 3 secs      **Resistance/Time:** 0

**Sessions:** 2 /day

**Exercise:**

Ball Squeeze (Hip Adduction Isometric)



PUT A PILLOW OR A BALL IN BETWEEN YOUR LEGS AND SQUEEZE.

**Repeat:** 10 times      **Sets:** 3

**Hold Time:** 3 secs      **Resistance/Time:** 0

**Sessions:** 2 /day