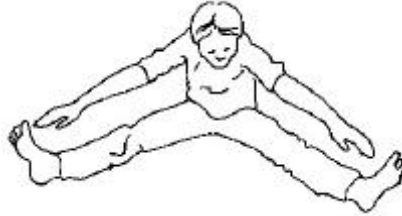
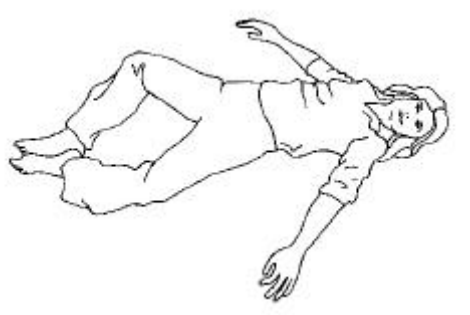


HIP ADDUCTOR STRETCHING EXERCISES

The **hip adductors** are the muscles along the inner side of the thigh. They run from the hip to just below the knee.



1. Sit on the floor and open your legs as far as is comfortable. Keep legs straight and toes pointed upward. Slowly lean forward at the hips until you feel a stretch on the inside of the thighs. Keep your back straight. Hold for 30 seconds. Do ____ repetitions, ____ times per day, ____ days per week.



2. Lie on your back. Put the soles of your feet together and bend your knees. Keep your body relaxed. Let your knees fall to the side. Hold this stretch for 30 seconds. Do ____ repetitions, ____ times per day, ____ days per week.



3. Stand and spread your feet apart about 4 feet. Slowly stretch your back leg down toward the floor until you feel a stretch on the inside of your thighs. Hold for 30 seconds. Do ____ repetitions, ____ times per day, ____ days per week.

—Suzanne M. Tanner, M.D.