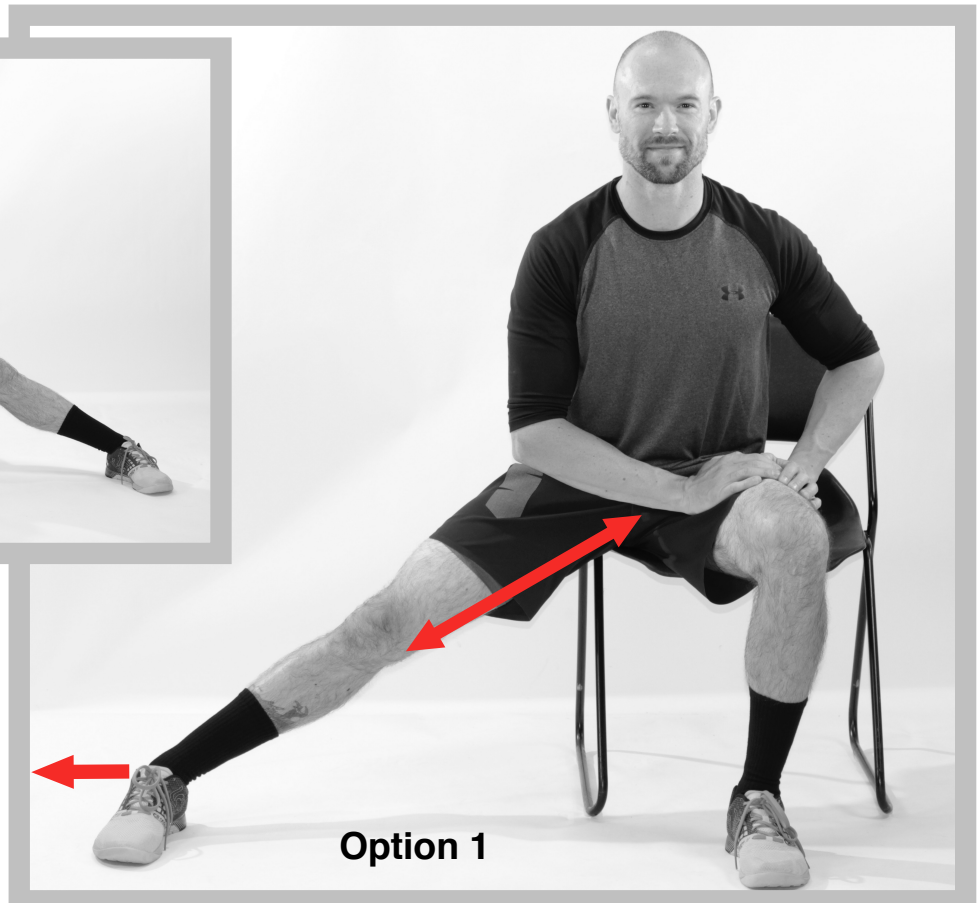


INNER THIGH - LONG ADDUCTORS



Hold Stretch: 30 seconds

Repeat: 4 - 6 times

Frequency: daily / ____x/wk

INSTRUCTIONS

Option 1: Start by sitting on the edge of a chair. Move the foot of the stretching leg away from the non stretching leg trying to straighten the stretching leg until a gentle stretch is felt along the inner thigh (pictured above - right leg stretching).

Option 2: Optional use of an alternative support structure such as a stability ball is acceptable.



Northwestern Health
Sciences University