



HEALTHY ROUTINES EDUCATIONAL SERIES

Adductor & Abductor Stretches*

Adductor

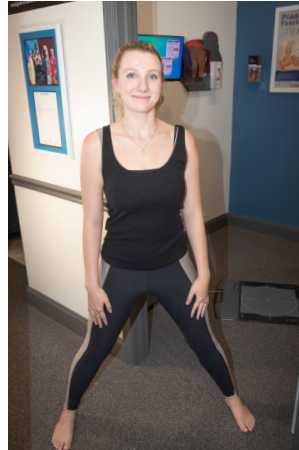
- Start from a standing position
- Spread your legs apart but stable
- Keep your feet facing forward
- Lunge towards the side as far as you can go and aim to feel a stretch in the groin
- Hold for 10 -20 seconds.
- Repeat 3-5 times
- Switch to the other side
- **DO NOT BOUNCE**

Iliotibial Band and Tensor Fasciae Lata (Abductor)

- Start from a standing position
- Place one hand on the door jamb
- Cross one foot behind the other
- Lean towards the door jamb, feeling a stretch on the outside of your thigh
- Hold for Hold for 10 -20 seconds.
- Repeat 3-5 times
- Switch to the other side
- **DO NOT BOUNCE**

Benefits:

- Keep muscles loose and flexible
- Decrease pelvic and lower back pain
- Increase flexibility
- Reduce likelihood injuries



**Disclaimer: If during this exercise you have any pain or discomfort, discontinuing and contact our office*

Scan for video tutorial

