

Your notes...

**Adductors**  
(Inside of thigh)



1. Sit on floor with soles of feet together
2. Gently press down on knees or thighs using either hands or elbows
3. Maintain good posture in spine by leaning forward with chest rather than allowing back to curve

**Sit on a cushion or foam block if you find this position uncomfortable or lean against a wall for support**

- (Ad) Use cushion or blocks for support  
(Alt) See picture below. Stand with feet apart and toes out to 45°. Squat down until knees are at a maximum of 90°. Place elbows in crease of knee joint and gently ease knees further apart. Keep back supported by drawing in abdominal muscles



Your notes...

**Hip Flexors**  
(Supported lunge)



1. With feet shoulder width apart, take a long step forward with right leg,
2. Lower body towards floor
3. Support body weight with hands to floor on either side of right foot
4. Keep front foot flat and knee directly over line of foot
5. Repeat on other side
6. Perform this stretch slowly and with care because full body weight is being carried by the muscles being stretched

- (Ad) Half lunge: place rear knee on floor to support body weight (see below)



- (Alt) Support body weight on chair to side of foot  
(P) Increase ROM by lowering groin closer to floor