

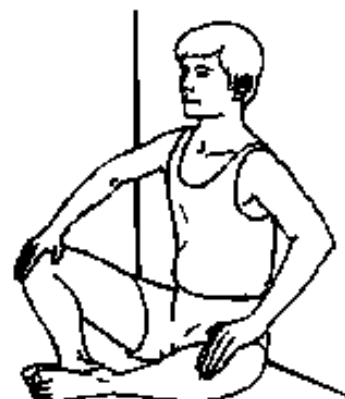
GROIN - 1 Thigh Adductors



With feet together, lower knees to floor until stretch is felt.
Hold _____ seconds.
Repeat _____ times. Do _____ sessions per day.

GROIN - 2 Thigh Adductors

Sitting straight or with back against wall, gently push knees to floor until stretch is felt. Hold _____ seconds.



Repeat _____ times.
Do _____ sessions per day.

GROIN - 3 Thigh Adductors

Grasping feet with hands and bending from hips, gently pull forward until stretch is felt.
Hold _____ seconds.



Repeat _____ times.
Do _____ sessions per day.

GROIN - 4 Thigh Adductors

With elbows inside knees and thumbs inside feet, gently push knees outward until stretch is felt.
Hold _____ seconds.



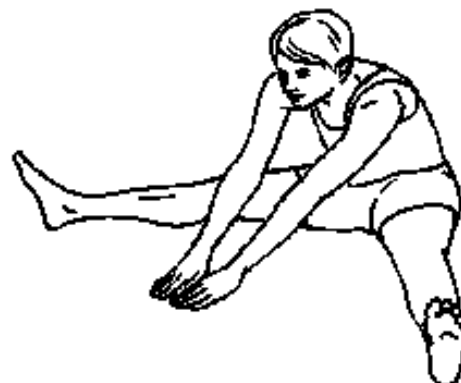
Repeat _____ times.
Do _____ sessions per day.

GROIN - 5 Thigh Adductors



From beginning position, slide foot further to side until stretch is felt. Hold _____ seconds. Repeat to other side.
Repeat _____ times. Do _____ sessions per day.

GROIN - 6 Thigh Adductors



With legs apart, slide hands forward until stretch is felt.
Hold _____ seconds.
Repeat _____ times. Do _____ sessions per day.

GROIN - 7 Thigh Adductors

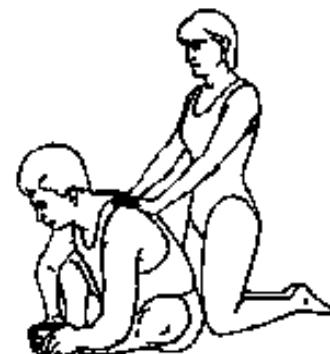


With feet together, have partner gently push knees toward floor until stretch is felt. Hold ____ seconds.

Repeat ____ times. Do ____ sessions per day.

GROIN - 8 Thigh Adductors

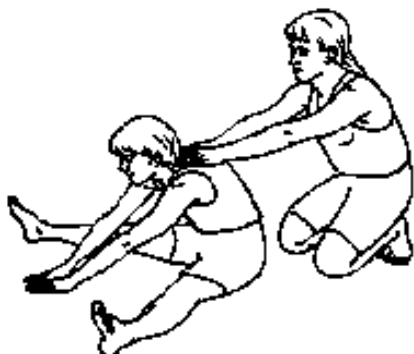
With bottoms of feet together, grasp feet with hands. Have partner gently push trunk forward until stretch is felt. Hold ____ seconds.



Repeat ____ times.

Do ____ sessions per day.

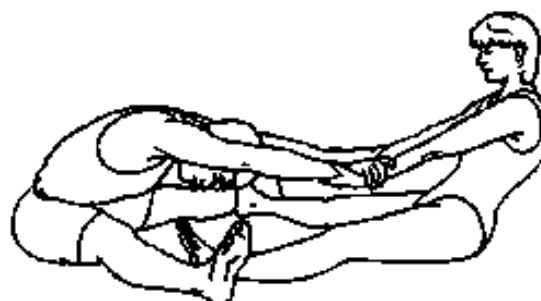
GROIN - 9 Thigh Adductors



With legs apart and arms straight, have partner gently push forward between shoulder blades until stretch is felt. Hold ____ seconds.

Repeat ____ times. Do ____ sessions per day.

GROIN - 10 Thigh Adductors



Partner places feet inside legs at ankles. Partner gently pulls trunk forward and pushes legs apart until stretch is felt. Hold ____ seconds.

Repeat ____ times. Do ____ sessions per day.