



### **1: Adductor / Groin Stretch**

- Sit with good posture, heels together in front of body
- Let knees fall out and down toward floor
- Pull heels toward buttock until you feel a stretch
- Hold and repeat as instructed

**Reps:** 2 **Sessions:** 2 Everyday **Hold Time:** 30s



### **2: Hip External Rotation with Bent Knee in Supine**

- Lie on back with one knee bent
- With stomach muscles tight, slowly lower bent knee away from body and back to midline
- Keep opposite leg straight and hips in contact with surface
- Repeat as instructed

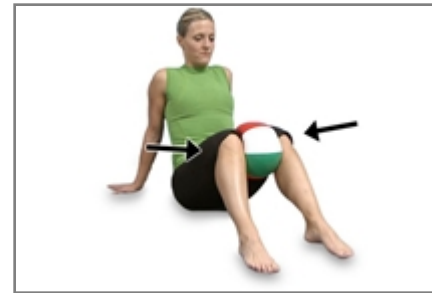
**Reps:** 2 **Sessions:** 2 Everyday **Hold Time:** 30s



### **3: Hip Adduction in Side-Lying**

- Lie on side with bottom leg straight
- Top leg bent with foot in front of opposite knee
- Lift bottom leg towards ceiling 5-6 inches
- Repeat as instructed

**Sets:** 3 **Reps:** 10 **Sessions:** 2 Everyday **Hold Time:** 3s



### **4: Isometric Hip Adduction / Ball Squeeze**

- Place pillow or ball between knees
- Squeeze knees together
- Repeat as instructed

**Sets:** 3 **Reps:** 10 **Sessions:** 2 Everyday **Hold Time:** 3s