



Bloomsbury Osteopathy

Hip and Leg Exercises

Adductor Stretch

LEGM20

Function:

To lengthen and relax the muscles of the inner thigh in order to increase mobility of the hip.

Method:

Starting Position:

Stand with your hands on your hips with your legs comfortably apart and feet pointing forwards. Then take a lunging step to one side (this will stretch the adductors of the opposite leg) and rotate that foot outward 90°. The foot of the other side should remain pointing directly forwards.

Action:

Slowly and in a controlled manner lunge directly sideways towards the outwardly turned leg until a stretch is felt in the inner thigh of the affected leg. Hold the stretch for 30 seconds whilst breathing slowly and deeply. Repeat on the other side.

Notes:

The adductor group of muscles are particularly prone to overstretching so be conservative both with the size of the step out and the strength of the lunge movement to begin with.

An alternative way to stretch the adductor muscles of the hip is to adopt a butterfly position. That is to sit with your back against a wall and with the soles of your feet together, thus opening out the hips and from this position gently apply pressure the knees until a stretch is felt in the groin area. Hold this position for 30 seconds.

STRETCHING OF ADDUCTOR MUSCLES
(LEGM20)

