

Hip/Leg/Knee Stretch



Seated Adductor Stretch

- Step 1: Sit on the floor in the lotus position – knees bent, feet together with the soles touching
- Step 2: Bring the heels of the feet as close as possible to the buttocks
- Step:3: Grasp the feet or just above the ankles with elbows spreading sideways and touching the legs just below the knees.
- Step 4: Bend the trunk over toward the feet, and press the lower part of the thighs and knees down with the elbows while stretching.

Stretches: Gracilis, Adductors, Pectineus, Sartorius, Low Erector Spinae, Lower Lats