

Hip/Leg/Knee Stretch



Standing Bent Knee – Hip Adductor Stretch

Step 1: Stand upright with the legs more than shoulder- width apart and the feet flat

Step 2: Lower the body (hips) to a half- squatting position, bending the right knee and sliding the left foot outward to the left to keep the left knee straight.

Step 3: While going down, place the hands on the top of the right knee for support and balance (or hold on to an object for balance).



Keep the trunk as straight as possible. To increase the stretch, bend the trunk to the right and press the right thigh down with both hands at the same time.

Step 4: Repeat on opposite side