

ADDUCTOR STRETCHING EXERCISES

Short Adductor Stretch



- Sit on the floor with your knees bent and feet together
- Place your hands on your ankles knees with your elbows to increase
- Hold for between 10 and 30 seconds

Muscles stretched – Adductors
Magnus, Brevis and Longus and
Pectineus

Related Injuries - Groin Strain

Long Adductor Stretch



- Sit on the floor with your legs as far apart as possible and knee straight
- Keep the back straight and lean forwards from the hips
- Hold for between 10 and 30 seconds

Muscles Stretched - Gracilis, Adductor Magnus, Adductor Longus, Adductor Brevis

Related Injuries - Groin Strain

Standing Groin Stretch



- Stand with your feet wide apart and knees straight
- Bend the right knee out to the side and lean to the right
- Hold for between 10 and 30 seconds

Muscles Stretched - Gracilis, Adductor Magnus, Adductor Brevis, Adductor Longus

Related Injuries - Groin Strain

