

Hip Adductor Stretch (Flexibility)



- Sit on the floor. Put the soles of your feet together so your knees are pointed outward.
- Pull your heels in toward your groin, as close as is comfortable.
- Put your hands on your knees, and gently push them closer to the floor.
- Hold for 30 to 60 seconds.
- Relax and repeat 2 to 3 times.
- Repeat this exercise 3 times a day.



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