

Right Adductor/Groin Stretch

Stand up straight. Spread the legs apart. Keep hips, knees and feet straight ahead. Keeping the torso straight, shift to the left until you feel tension in the inside of the right leg. Hold 20 seconds repeat 3 times each side. Do not bend forward.



Left QL and Hip/TFL/ITB Stretch

Stand about 2 feet away from wall with feet parallel with the wall. Cross the left foot over the right and keep feet parallel with wall. Reach up over your head towards the wall with your left arm. Press your pelvis left away from the wall. Hold 20 seconds and repeat 3 times each side.

