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| **Adductor Stretches**Short Adductors* Kneel onto your right knee and put your left foot in front of you such that your left knee is at 90 degrees.
* Inhale and slide your right knee out to the side and back.
* Exhale and left your chest up.

Short Adductors can also be stretched in sitting.* Sitt on the floor with your knees apart and the bottom of your feet together.
* Keep your chest up and your back straight.
* Bend forward at the hips while accentuating your lumbar lordosis (keep pelvis tilted anteriorly)
* Apply gentle pressure to your knees pushing them toward the floor.
* Relax and hold this for the appropriate time.

Long Adductors* Kneel onto your left leg and place your right foot in front of you to assume the lunge position.
* Slide your right foot out to the side and place both hands on the floor in front of you.
* Try to straighten the right knee and lean your body forward while relaxing your hips.
* Rocking the hips forward and back will  change the pull slightly to get all muscles.

Long adductors can also be stretched in sitting. This stretch also includes hamstrings biasing the medial hamstrings, semimembranosus and semitendinosus.* To stretch both sides simultaneously sit with your legs straight out in front of you with your back straight.
* Slowly work your legs apart as far as they will go.
* Hold this and relax for a few seconds.
* Now as you exhale bend forward at your hips until you feel more resistance.
* Be sure to keep your chest up and maintain a lumbar lordosis (normal inward curvature of the lower back)
* Hold this for the appropriate time.
* Most people will gain a benefit from 30 seconds.
 | short adductor stretch kneelingshort adductor stretch sittinglong adductor stretch kneeling |