



Robyn Dey RMT
Massage Therapy

Hip Adductors Strengthen

Lie on your stretch side with your top knee bent to 90 degrees and foot on the floor. The stretch leg should be straight in line with your trunk. Lift up the bottom leg upwards, keeping your pelvis stable.

- Progress the difficulty by holding the top leg in the air and lifting the bottom leg upward to meet it.





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Hip Adductors Strengthen: Walking ball squeeze

Stand with a small ball between your knees. Walk forward 2-3 steps. Walk backward 2-3 steps. Walk to one side for 2-3 steps. Then walk to the opposite side for 2-3 steps.

