



Robyn Dey RMT
Massage Therapy

Hip Adductors Stretch: Butterfly Stretch

Sit with the soles of feet together and knees relaxed out to sides, flex torso forward over legs



Hip Adductors Stretch: Straddle Stretch

Starting in a seated long sit, horizontally move legs apart. Can flex torso forward between legs, can also do one leg at a time by keeping one leg in front or bent like half a butterfly stretch (this may cause glute stretching)



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Hip Adductors Stretch: Frog Squat

Standing with feet hip width apart. Bend knees so that elbows meet thighs. Use elbows to press outward on inner thigh to achieve desired level of stretch.



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