

# HEALTHY MOVES

## Stretch of the Month -March 2006-

### Adductor (Groin) Stretch

#### Why stretch the adductor muscles

The adductor muscles are a group of five muscles with their bulk on the inside (medial side) of the thigh. They are commonly referred to as the groin muscles. They attach to the pubic and ischial (sit bone) part of the pelvis. Their function is to prevent the thigh from slipping outwards. They pull the thigh in, toward the midline of the body. This movement occurs at the hip joint. One of the adductor muscles also crosses the knee joint. These muscles, in coordination with the other thigh muscles, work hard to stabilize and protect the pelvis, hip and knee.

#### How to stretch

- Sit on the floor with your buttocks and back against the wall.
- Place the soles of your feet together.
- Let your knees drop slowly towards the floor.
- Keep your lower back and buttocks against the wall throughout the stretch.
- Breathe slow and easy while you let the legs drop towards the floor.
- Hold for 20 to 30 seconds.
- Straighten your legs for a 10-second rest .
- Repeat this stretch 2 or 3 times.



*Use the wall to support your back in a neutral position*



#### Alternate Stretch

- Lie on your back
- Place the soles of your feet together.
- Let your knees slowly drop toward the floor.
- You can support the weight of your thighs with your hands underneath them, if you feel too much stretch on the groin.
- Pulling your feet closer to your buttocks may help increase the stretch.
- Hold for 20 to 30 seconds
- Straighten your legs for a 10 second rest.
- Repeat the stretch 2 or 3 times.



*The stretches in this article should be felt on the inside of the thigh and may be felt up to the pubic bone. If you experience any pain see a health care professional before continuing with these stretches.*

---

Domenic Lopez B.Sc., Exercise Science, is owner and operator of Healthy Moves, a private practice where massage therapy and movement education help you achieve better living. Domenic can be contacted at 610-725-0995 or via email at [DomenicLopez@verizon.net](mailto:DomenicLopez@verizon.net). This article can be found at [www.DomenicLopez.com](http://www.DomenicLopez.com).

#### Disclaimer:

Suggestions made in this publication are no substitute for medical advice. If you have any pain or difficulty performing this stretch seek advice from your appropriate health professional.