

# Stretch of the Month



## Hip Adductor Stretch

To stretch your hip adductors:

1. Sit on your buttocks with knees out and flats of feet touching.
2. Pull your feet in closer to your body until you feel a good stretch.

Before stretching, warm up with **5 to 10 minutes of light exercise**. Another option is to save stretching for after a workout. If you feel pain while stretching, you are stretching too far. **It should not be painful**. Hold each stretch for **about 30 seconds** at a time and repeat, especially if the stretch seems to be helping with pain or discomfort.

