

Adductor Matrix

Sagittal Plane

Step 1: Stand with leg on step at your side so you feel a stretch on the inside of your thigh.

Step 2: Maintain a straight back and bring hips forward and back until you feel a good stretch along inner thigh of leg on step.

Repeat process 20 times.



Frontal Plane

Step 3: Stand with leg on step at your side so you feel a stretch on the inside of your thigh.

Step 4: Maintain a straight back and bring hips from left to right until you feel a good stretch along inner thigh of leg on step.

Repeat process 20 times.



Transverse Plane

Step 5: Stand with leg on step at your side so you feel a stretch on the inside of your thigh.

Step 6: Maintain a straight back and bring hips backwards until you feel a good stretch along inner thigh of leg on step, then rotate trunk from left to right.

Repeat process 20 times.

