

Connective Sports Therapy

Adductor leg raise (6-8 reps x3 each side)



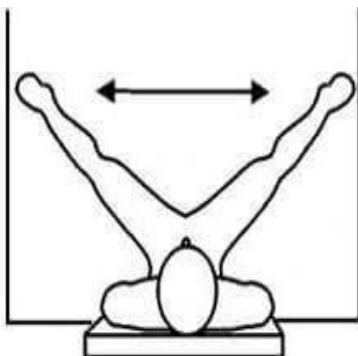
Abductor Strengthening (6-8 reps x3 each side low resistance band)



Sitting Adductor Stretch (Hold for 20 secs x3)



Wall Adductor Stretch (Hold for 20 secs x3)



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Kneeling Hamstring Stretch (6-8 reps x3 each side)



Standing Adductor/Hamstring Stretch (Hold for 20 secs x3 each side)



Glute strengthening Clams (6-8 reps x3 each side)

