



ORTHOPAEDIC ASSOCIATES OF ST. AUGUSTINE, P.A.

One Orthopaedic Place • St. Augustine, FL 32086

3055 CR 210 W, Unit # 110 • St. Johns, FL 32259

Ph (904) 825-0540 • Fax (904) 825-2490

www.oastaug.com

Series of Stretches for Groin, Hips, and Back



A

Stretch No. 1. Relax with knees bent and soles of your feet together. This comfortable position will stretch your groin. Hold for 30 seconds (Fig. 7F-10A).



B

Stretch No. 2. Variation. From this lying groin stretch, gently rock your legs, as one unit (see illustration) back and forth about 10 to 12 times. These are easy movements of no more than 1 inch in either direction. Initiate movements from top of hips. This will gently limber up your groin and hips (Fig. 7F-10B).



C

Stretch No. 3. Put the soles of your feet together and hold onto your feet. Now contract the abdominals as you gently pull yourself forward, bending at the hips, until you feel a mild stretch in your groin. You may also feel a stretch in the back. Do not make initial movement for stretch from head and shoulders. Move from the hips. Hold for 20 to 40 seconds. (Fig. 7F-10C).



D

Stretch No. 8. Place the ball of your foot up on a secure support of some kind (wall, fence, table). Keep the down leg pointed straight ahead. Now bend the knee of the up leg as you move your hips forward. This should stretch your groin, hamstrings, and front of hip. Hold for 30 seconds. This stretch will make it easier to lift your knees. If possible, for balance and control, use your hands to hold onto the support. Do both legs (Fig. 7F-10D).



Stretch No. 5. Pull your knee across your body toward your opposite shoulder until an easy stretch is felt on the side of the hip. Hold for 30 seconds. Do both sides. This is a good stretch for runners and sedentary persons (Fig. 7F-10F).



Stretch No. 6. It is possible to stretch your groin from this position by slowly separating your legs, with your heels resting on the wall, until you feel an easy stretch. Hold the stretch 30 seconds and relax (Fig. 7F-10E).



G

Stretch No. 7. Place one leg forward until the knee of the forward leg is directly over the ankle. Your other knee should be resting on the floor. Now, without changing the position of the knee on the floor or the forward foot, lower the front of your hip downward to create an easy stretch. This stretch should be felt in front of the hip and possibly in your hamstrings and groin. This will help relieve tension in the lower back. Hold the stretch for 30 seconds (Fig. 7F-10G).



H

Stretch No. 4. With hands supplying slight resistance on insides of opposite thighs, try to bring knees together, just enough to contract the muscles in the groin. Hold this stabilized tension for 5 to 8 seconds, then relax and stretch the groin as in the preceding stretch (see Fig. 7F-10C). This will help relax a tight groin area. This technique of tension-relax-stretch is valuable for athletes who have had groin problems. (Fig. 7F-10H).