

Towson Orthopaedic Associates Towson Sports Medicine Tips from the Athletic Trainer

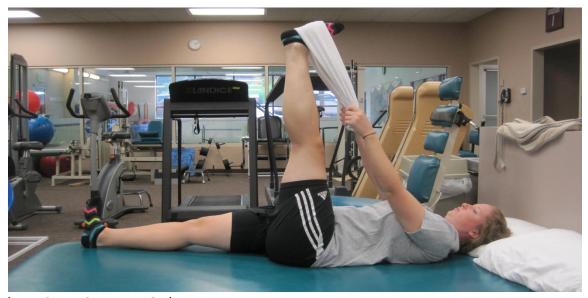


Hamstring/Adductor Flexibility Circuit

ALL STRETCHES SHOULD BE DONE 3 TIMES FOR A 30 SECOND HOLD YOUR GOAL IS TO FEEL A STRETCH OR PULL, STRETCHES SHOULD NEVER HURT QUALITY OF STRETCH IS MORE IMPORTANT THAN QUANTITY OF STRETCH BE SURE TO STRETCH BOTH LEGS

HAMSTRING STRETCH:

- Use towel/band to flex hip
- Keep both knees straight



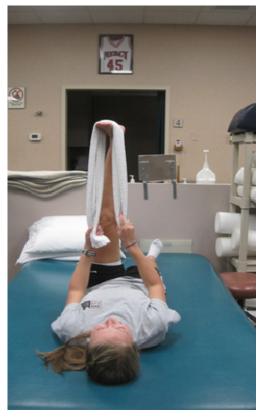
(HAMSTRING VARIATION)

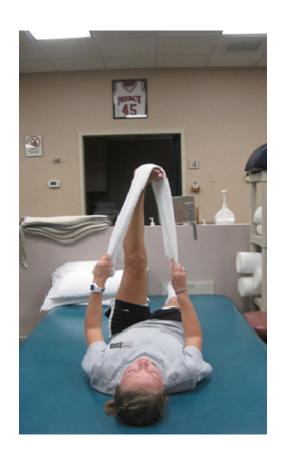
-Bend knee to isolate high hamstring



(HAMSTRING VARIATIONS)

- -Turn toes inward to isolate medial hamstring
- -Turn toes outward to isolate lateral hamstring





STANDING HAMSTRING:

- -Prop heel on step or table with ankle flexed/toes toward the ceiling
- -Bend at hip, back straight, head up
- -Keep knees straight



ADDUCTORS:

- -Side lunge
- -Both feet flat on ground/table
- -Sit into stretch



(ADDUCTOR VARIATION)

- -Side lunge
- -On the leg that is straight flex your ankle/point toes toward ceiling
- -Sit into stretch



ADDUCTORS (SUMO):

- -Wide stance, toes out
- -Elbows on knees, push out

