




Simply Womens Health

Chartered Physiotherapists - Specialists in Pelvic Pain

London Medical Centre, 144 Harley Street

Stretch	Targets	Instruction
	Single sided inner thigh muscles (adductors)	Hold for 30 secs 3 per day
	Double sided inner thigh muscles (adductors)	Hold for 30 secs 3 per day
	Single knee-to-chest (lower back and back of pelvis)	Hold for 30 secs 3 per day

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www.simplywomenshealth.co.uk

For general enquiries please contact Lloyd Wylde on 07798 641 953 or lloyd@wyldecare.co.uk

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	Glutes and piriformis (back of pelvis)	Hold for 30 secs 3 per day
	Deep squat (opens pelvis, adductors & back of pelvis)	Hold for 30 secs 3 per day
	Lunge (front of hip, hip flexors)	Hold for 30 secs 3 per day

NB ...Breath in to the pelvic area, drop through the anal sphincter once in position of stretch, Deepen and lengthen the breath