

Lying abductor stretch

1. Lie on your back with your knees bent and your feet flat on the floor
2. Lift your right leg off the floor and place the outside of your right ankle across your left thigh, swinging your right knee outward, away from your body
3. Lift your left foot up until it's parallel to the floor, then pull your left knee toward your body until you feel a good stretch on the outside of your right hip
4. Hold the stretch for 30 seconds before switching sides

