

Do's & Dont's

- Avoid being seated for too long. If possible, get up every 15 or 20 minutes, stretch & walk around.
  - Avoid sitting with one leg crossed over the other & avoid sitting Indian-style.
  - Do not wear a wallet or carry things in your back pocket/s that may alter the way you sit.
  - Avoid hiking up & down hills & stairs, if possible.
  - Use a pillow or other support (books or magazines) to balance a pelvis that is smaller on one side.
  - If your physician has determined that you have a leg length difference on one side, then you should use a heel lift anytime you are up & about.
  - Moist heat applied over the groin and down further along the thigh should be helpful.
- Sleeping**
- If you sleep on your side, then sleeping with a pillow between your legs may be helpful.

"The Buddha Stretch"



Sit on the floor with your back straight & buttocks as close to the wall as possible. Place the soles of your feet together & pull the feet towards you, while you allow your knees to fall towards the floor. Place your hands on the floor behind your hips & press your hands into the floor. Next arch your back & feel your pelvis rotate. Hold this position for 20 seconds. Repeat this exercise 3 times and then 3 times a day.

Child's Pose



Start off on your hands & knees with your legs together, figure A. Keep your feet together & allow your knees to spread apart as you stretch your arms out in front of you & rest your forehead on the floor, as shown in figure B. Hold this position for 20 seconds. Repeat this exercise 3 times and then 3 times a day.

Leaning Adductor Stretch



This is a great exercise to do in a pool if you have the availability, but if you do not then make sure that you are able to balance on one foot for 20 seconds before trying it.

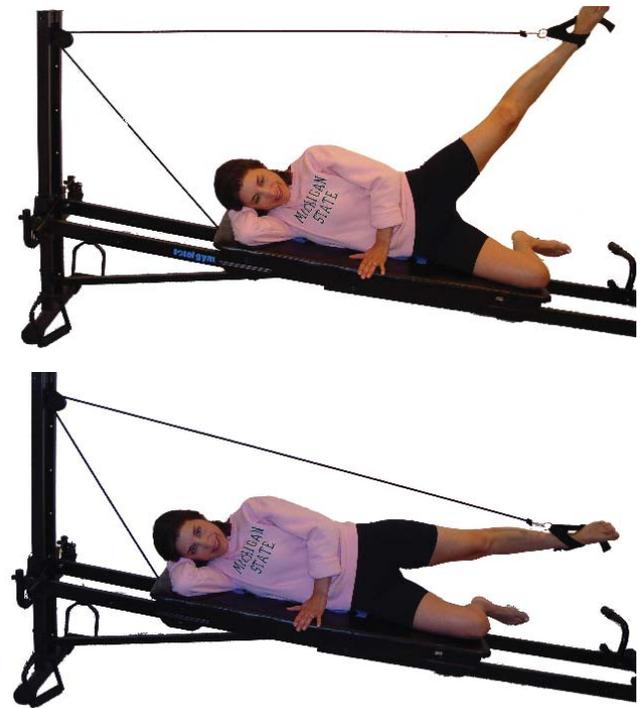
Start with your legs spread about 2 shoulder breadths apart, as shown in figure A. Without dragging your "empty" foot bend one knee & allow most of the weight of your body onto the bent knee ("full") side, as shown in figure B. Hold this position for 20 seconds. Repeat this exercise 3 times and then 3 times a day.

Theraband™ Exercise

1. Using a Theraband™ with its two ends tied together to form a loop. Place a table leg in the donut hole of the loop.
2. Place your forefoot also in the loop and put the Theraband™ under stretch, figure A.
3. Pull your leg away from the table, crossing it in front of your other leg, figure B.
4. Return to the start position & repeat 8-14 times. Then, do the other side.
5. You may repeat this for 1-3 sets of 8-14 repetitions.



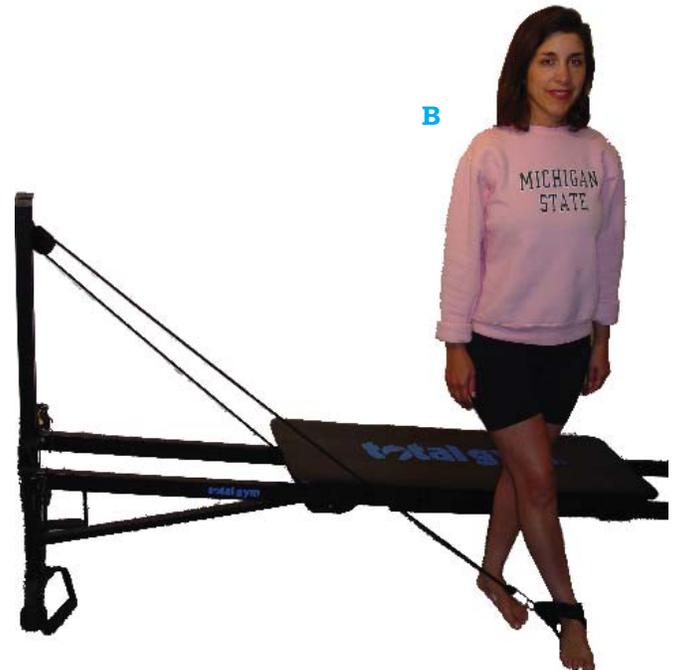
Stretch & Strengthen Using an Exercise Machine



Start lying on your side with the optional foot loop attached, as in figure A. While fully exhaling bring your legs together, as in figure B. During full inhalation, bring your leg back to the starting position. Perform this exercise for 1-3 sets of 8-14 repetitions.

Strengthen Using an Exercise Machine

Start in the standing position with the optional foot loop attached, as in figure A. While fully exhaling bring your foot-looped side slowly across your other leg, as in figure B. During full inhalation, bring your leg slowly back to the starting position. Perform this exercise for 1-3 sets of 8-14 repetitions.



Last Word

Probably the best exercise for this muscle is walking. Make sure that you stretch well before & after doing any activity in which this muscle is strengthened, because it has a tendency toward becoming too tight.