

UPSWING HEALTH

Groin Strain

Butterfly Stretch

Sit on the floor as pictured, with your knees bent and sole to sole. With your elbows, gently push your knees down towards the floor. Hold for 30 seconds and repeat 3 times, 2-3 times a day.



Bridging

Bend your knees to a comfortable position and lift your toes off the bed/floor. Squeeze your buttocks and lift off the floor, then return. This lifted position is called a "bridge." Perform 2-3 sets of 10 repetitions, once a day.



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Quarter Wall Squats

Leaning on wall, slowly lower buttocks toward floor until your knees are slightly bent. Your knees should remain over your ankles, not in front of your toes. Tighten thigh muscle as you return to starting position. Perform 2-3 sets of 10 repetitions, once a day.



Anterior Step Ups

Step up onto step with involved leg, then straighten that leg, as pictured. Return to starting position. Perform 2-3 sets of 10 repetitions, once a day.



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Lateral Step Ups

Step up onto step with involved leg, then straighten that leg, as pictured. Return to starting position. Perform 2-3 sets of 10 repetitions, once a day.

