

## Foam Roller Inner Thigh/Groin (Adductors)



**Supported on Knee**



**Supported on Toes**

- Balance on your elbows and place the foam roller on the left inner thigh by flexing the left hip to the side and bending the knee. You may have to move your hands for better rolling. Your elbows should both be on one side of the roller.
- Slowly roll from the top of the groin to the knee. Break up the rolling into the upper groin, the middle inner thigh and the lower thigh area for better emphasis. Avoid rolling over the knee joint or letting back arch.
- Roll 1 to 2 minutes, focusing on the areas where you find pain and restrictions.