



Stretches for the

Legs, Groin & Hips

Approximately 7 Minutes

Stretch comfortably after a light warm-up of walking in place or riding a stationary bike for 2-3 minutes. Remember to stretch with control as you gradually limber up. Relax and breathe rhythmically.



Demonstrations of all stretches can be found on our YouTube channel by searching Momentum Chiropractic stretching.