



Adductor Roll

The adductors are the inner thigh muscles and also part of your “groin”.



Figure 1. Start Position – Inside View



Figure 2. Start Position – Outside View



Figure 2. Groin Region – Inside View



Figure 3. Groin Region – Outside View



Figure 4. Knee – Inside View



Figure 5. Knee – Outside View

- I. Start Position: Lie on your stomach with roller on inside of left thigh just above knee. Bend right knee up and out to the side. Rest upper body on elbows. Refer to Figures 1 & 2
- II. Motion: Using elbows, roll from just groin region to just above knee (Figures 3 & 4). Next roll back to groin region (Figure 3). Repeat 5-10x. Focus on any areas that are especially tight by rolling back and forth in just that isolated area

It is crucial that you maintain a neutral neck posture consisting of a slightly chin-tucked position and a lengthening of the back of your neck. Your head/neck should not move from this neutral position throughout any part of the rolling.