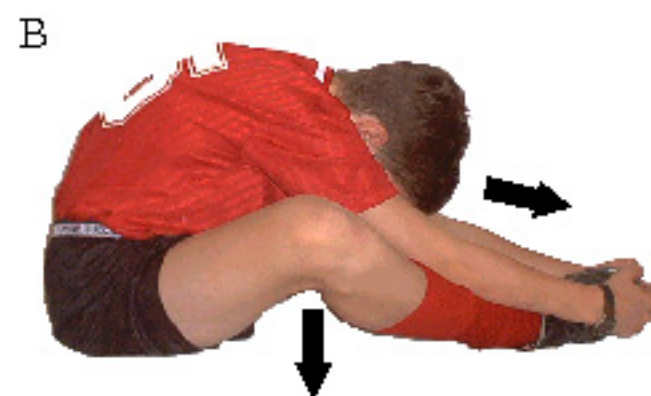
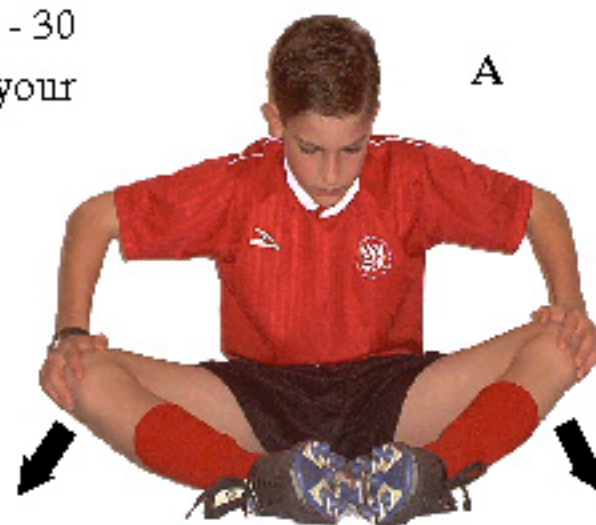


The adductor muscles (inside of thigh) are used with short passes, trapping, and running sideways. The easiest stretch is to sit down, place the bottom of your feet together, and gently press down on your knees. Hold for 10 - 30 seconds. You can increase the stretch by leaning forward and grabbing your feet, as seen in picture B. You can also hold this for 10 - 30 seconds.

The other adductor stretch (C) is to bend one knee and put the other leg out to the side, toes pointing forward. Lean towards your bent knee, feeling the stretch on the inside of your leg. Hold for 10 - 30 seconds, then switch legs.



### BACK STRETCHES

The back (spine) should always be stretched, and two easy stretches are side stretches and extension stretches. 1) Stand with your feet wider than your hips, bend to the right with your left arm up over your head and your right hand resting on the right knee. Hold 10 - 30 seconds, then repeat on the left side. 2) Standing with feet together, clasp your hands together and raise them above your head, slowly leaning backward. Hold for 10 - 30 seconds. These stretches help with running, throw-ins, and for goalkeepers.



For further information regarding stretching or injury prevention, contact Ben Griffes, M.A., D.C. at (805) 494-4867 or visit the website [Stretching4Life.com](http://Stretching4Life.com)