Seated Left Adductor Pull Back

1. Sit in a chair with your knees at or above hip level and round out your back.
2. Place a ball between your knees.
3. Round out your back and roll your pelvis back, feeling your “sit bones.”
4. Without moving your feet, shift your left knee back or your right knee forward. You should feel the back of your left thigh engage.
5. Keeping your left knee shifted back, gently press your left knee into the ball. You should feel the muscles in your left inner thigh engage.
6. Hold this position while you take 4-5 breaths, in through your nose and out through your mouth.
7. Relax and repeat 4 more times.

Reference Center(s): Left abdominals, Left sit bone, Left heel, Right arch

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