

Inner thigh muscle relaxation techniques

Women's Health Physiotherapy

Information for Patients

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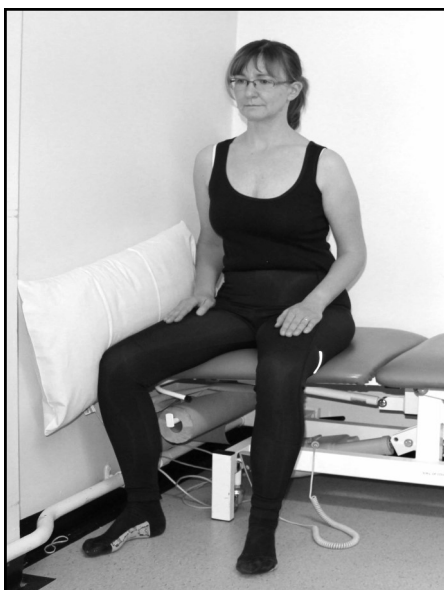
Please speak to your physiotherapist before starting these exercises.



Lie semi reclined with a wall to one side.
Bend up the knee closest to the wall.
Place a pillow between your knee and the wall.
Your leg should be in a comfortable position;
you should **not** feel an increase in your pain.
Push your knee into the wall.

Hold for seconds, then relax.

Repeat times, times every day.



Sit on a chair close to a wall.
Place a pillow between your knee and the wall.
Your leg should be in a comfortable position;
you should **not** feel an increase in your pain.
Push your knee into the wall.

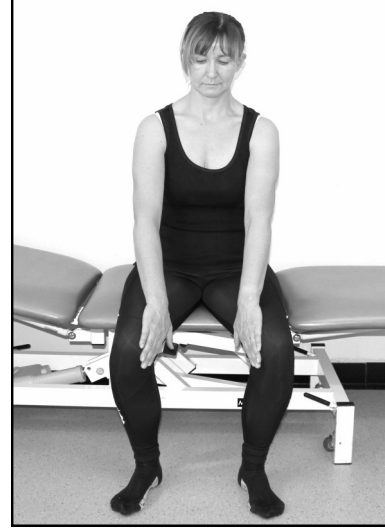
Hold for seconds, then relax.

Repeat times, times every day.

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Sit on a chair or bed. Take your knees apart as far as comfortable. Put your hands on the outside of your knees and gently push your knees outwards against your hands, without taking your knees further apart. Hold for 3 seconds, as shown in the first picture. Then, put your hands on the inside of your knees and gently push your knees inwards against your hands as shown in the second picture. Hold for 3 seconds. Repeat this exercise 3 times in one exercise session.



Sit with your knees bent up, then allow both knees to drop outwards, within your pain free range. Support both knees on pillows to allow your legs to fully relax.

You may apply gentle heat; a wheat bag or hot water bottle to the inside of your thighs. Make sure the heat is kept away from your tummy if you are pregnant. Hold this position, as long as you don't have pain, for up to 30 seconds.



Contact details

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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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