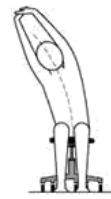

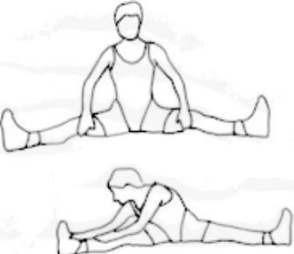
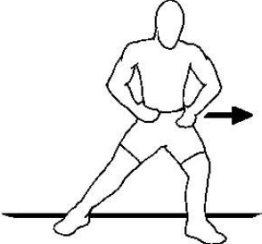




# Stop & Take an **ERGO** Break

## #8: Inner and Outer Thigh



Here are a number of inner and outer thigh exercises that will help stretch muscles that are commonly overworked at an office desk related job. Do not do any stretches that cause pain!

<p>Butterfly Stretch</p> 	<p>Sit on the floor with your back straight. Place the soles of your feet together in front. Clutching your ankles, pull your feet in towards you. To intensify the stretch, place your hands on your ankles and your elbows on your knees. With your back straight, slowly ease the body forward from your hips. Hold for about 15 – 20 sec then slowly ease the stretch a step further.</p> <p>Repeat 2 – 3 times.</p>
<p>Straddle Stretch</p> 	<p>Sit on the floor with your back straight and legs extended and spread apart as far as possible. Rotate your upper body to the right and lean forward at the hips over your right leg, extending your arms to touch your toes without bending your knees. Hold for about 15 – 20 sec. Return to the upright position.</p> <p>Repeat 2 -3 times on each leg.</p>
<p>Side Lunge Stretch</p> 	<p>Stand with feet far apart, toes pointed 45° outward. Lunge toward one side. Allow foot of straight leg to point upward with heel on floor. Keep back straight during stretch. Hold for about 15 – 20 sec.</p> <p>Repeat 2 – 3 times on each leg.</p>
<p>Abductor Stretch</p> 	<p>Sit on the floor with your legs straight out in front of you. Bend your right leg, crossing over your left leg so that the foot is on the outside of the knee. Use your left arm to ease the knee across the body, with your right arm for support until you feel the stretch in the outer thigh. Hold for about 15 – 20 sec.</p> <p>Repeat 2 – 3 times on each leg.</p>
<p>Abductor Stretch</p> 	<p>Stand near a wall or a piece of sturdy exercise equipment for support. Stand sideways to the support and hold on with your inside hand. Slide your outside leg behind the inside leg and then lean in towards the support. Feel the stretch on your outside hip and do it on both sides. Hold for about 15 – 20 sec.</p> <p>Repeat 2 – 3 times on each leg.</p>

References: <http://www.livestrong.com>, <http://www.mayoclinic.com>

