

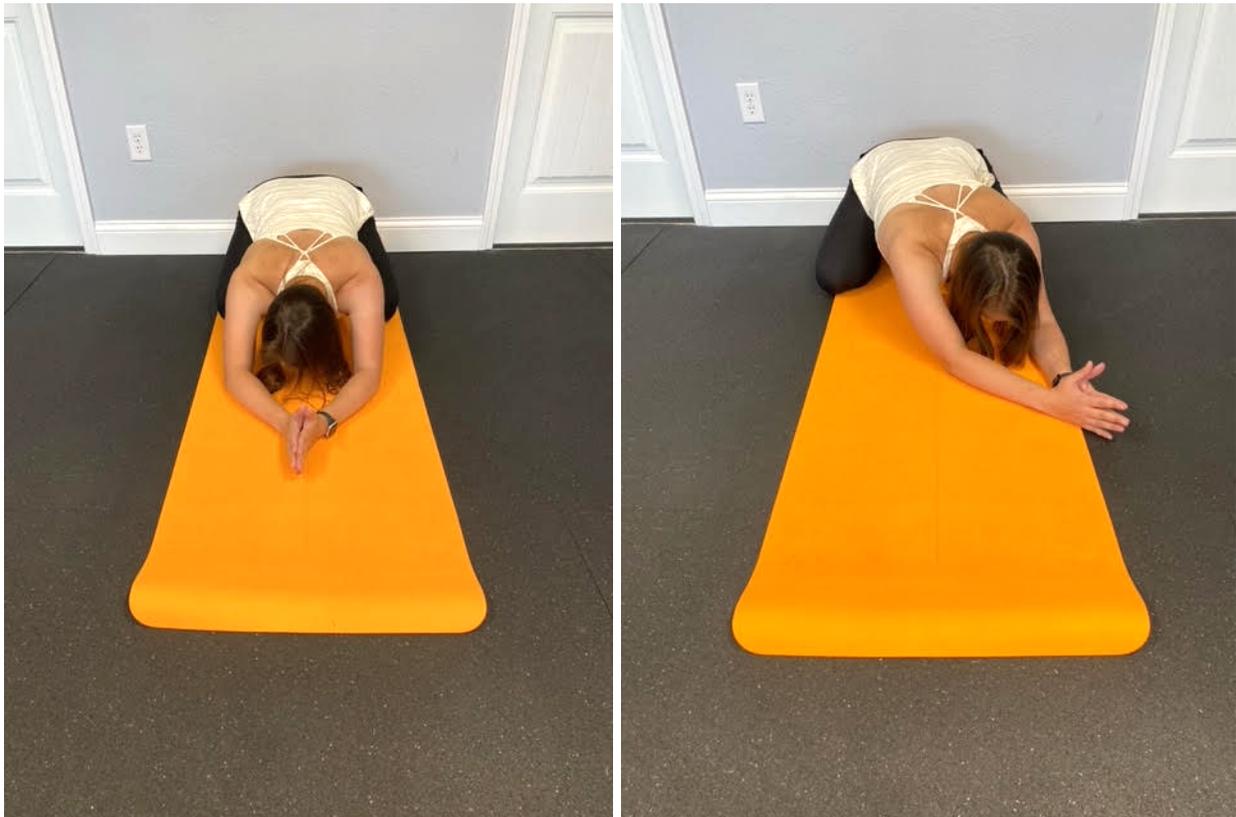
Whole Body

THE POSTPARTUM PROJECT

Yoga Frog

Purpose: to stretch the adductors and fascial attachments onto the pelvic floor.

Start with your legs wide on your knees and forearms. Then sink your bottom towards your feet. To increase the stretch, rotate to either the left or right side.



**This exercise is not prescribed. It is intended to be educational and is not a substitute for an exam by a physical therapist. If you would like a prescribed program based on your individual needs, we can be reached at:

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