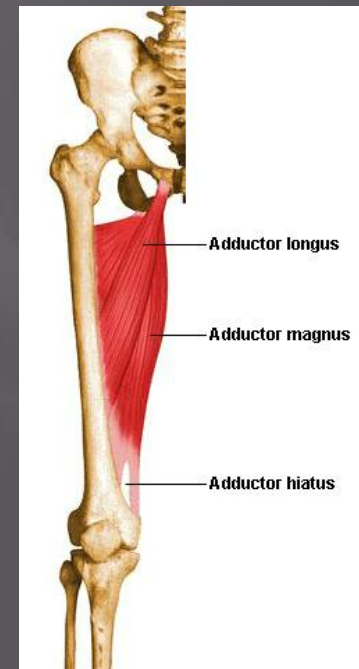
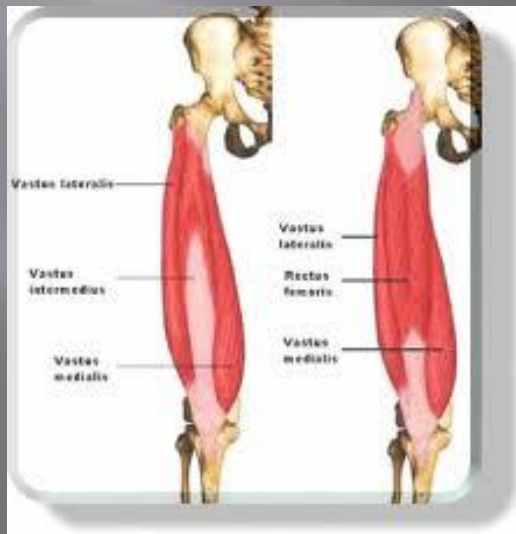


MUSCLES: THE ADDUCTORS AND THE QUADRICEPS

By

The Quadriceps and the Adductors

- The quadriceps is a group of 4 muscles the Vastus Medialis, the Vastus Intermedius, the Vastus Lateralis, and the Rectus Femoris.
- the adductors are also a muscle group. The individual adductors are: the adductor longus, the adductor magnus, and the adductor brevis.
- Muscle Info:
- Quadriceps extends (not retracts) the legs.
- Adductors draw back (not extend) the legs



Muscle Origins

The adductor originates from the pubis and the ischium it inserts at the femur.

The quadriceps originate from the iliac spine and the femur and it inserts at the tibia, patella, and patellar tendon.

Exercising the Quadriceps

- To strengthen the quadriceps:
 - One easy and effective way of strengthening the quadriceps is to sit on a chair, then straighten your leg while holding it up. You should feel a stretch.
 - Another common way is to do squats.



Exercising the Adductors

- To strengthen the adductors:
 - Have a soccer ball between your feet. Push against the ball with your feet while squatting until your knees are in a 90° angle. Then stand up slowly.
 - Lay flat on a mat, then lift one leg straight up and bend knee and hip to a 90° flexion. Lower bent knee leg toward your hand, keeping the 90° bend. Then repeat with the other side.



Stretching the Quadriceps

- To stretch the quadriceps:
 - Lay on your side, then flex one leg onto your rear end, and pull on it. You should feel a stretching sensation



Stretching the Adductors

- To stretch the adductors:
 - Stretch one leg to the side, keeping your other leg under your torso. Bend the knee of the leg under your torso. If you don't feel a stretch, stretch out the other leg farther.



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The End