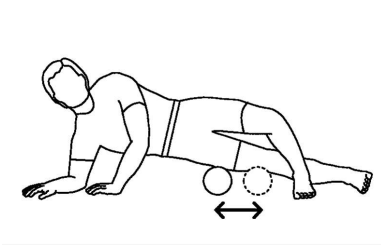


Stretch IT Band w/roll



- Lie on left side with top of thigh over foam roll.
- Push up onto left elbow and roll thigh down foam roll.
- Repeat on right side.

Special Instructions:

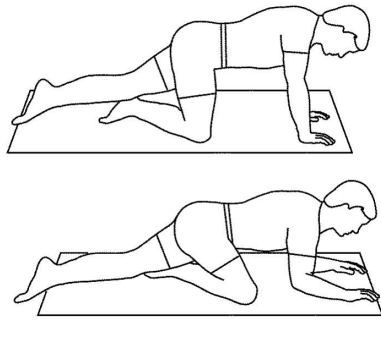
Roll should move from hip to knee. Use other arm and leg for support as shown.

Perform 1 set of 4 Repetitions, twice a day.

Use Foam Roll.

Hold exercise for 20 Seconds.

Stretch Piriformis 4 point kneel

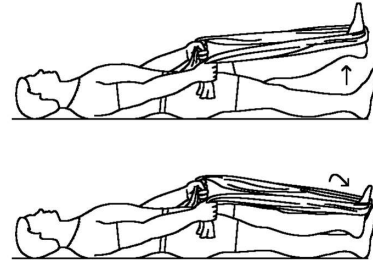


- Position on all fours.
- Place one leg under the other as shown.
- Rock backward until a stretch is felt in the buttocks.
- Hold stretch, relax and repeat.
- Repeat stretch with other leg.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch IT Band supine w/towel



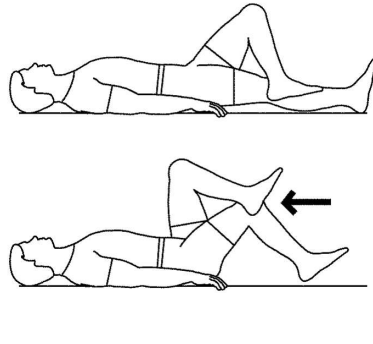
- Lie on back.
- Place towel around bottom of foot as shown.
- Raise leg and straighten knee.
- Gradually lower leg over other leg, keeping knee straight until a gentle stretch is felt in hip.

Perform 1 set of 4 Repetitions, twice a day.

Use Towel.

Hold exercise for 20 Seconds.

Stretch hip/knee figure 4



- Lie on back, knees bent.
- Move left ankle over right knee.
- Gently lift right knee up to chest until stretch is felt.
- Repeat with other leg.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.