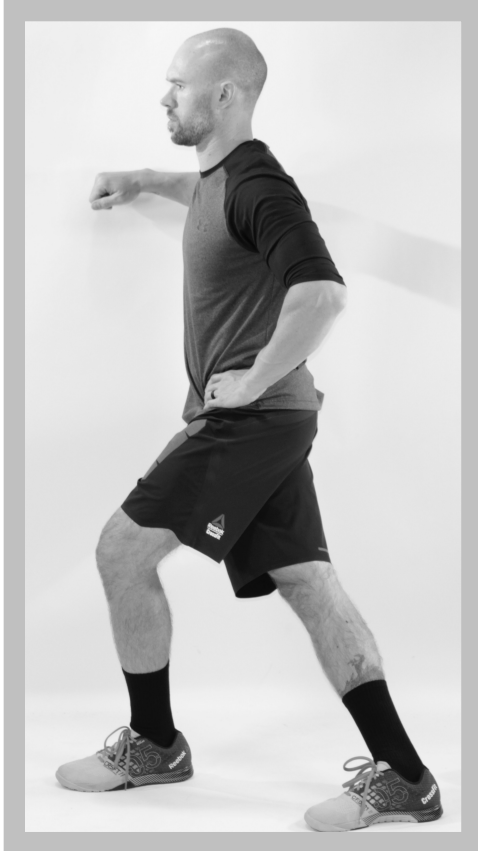


LATERAL THIGH & TRUNK

(TENSOR FASCIA LATA EMPHASIS)



OPTION 1



OPTION 2

INSTRUCTIONS

Option 1: Start standing arms length away from a wall with the stretching side closest to the wall. Step with the non-stretching leg across your body towards the wall and use it to support your body weight with assistance from your arm against the wall. Slowly ease the stretching hip towards the wall. The stretch should be felt along the outer thigh extending up through the outer hip and torso of the side closest to the wall.

Option 2: Start standing next to a support structure such as a chair, couch, coffee table or park bench, with the stretching leg closest to the support. Step with the non-stretching leg across your body towards the support structure. Lower your hip towards the ground supporting your body weight between the non-stretching leg and your arm resting on top of the support. Stretch should be felt along the outer thigh extending up through the outer hip and side of torso.



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Hold Stretch: 30 seconds

Repeat: 4 - 6 times

Frequency: daily / ____x/wk