

## TFL/ITB Stretches

**Exercise:**

Sidelying TFL Stretch



CAREFULLY LYING ON THE EDGE OF YOUR BED LET YOUR INVOLVED LEG FALL BEHIND THE OTHER TO OBTAIN A STRETCH ON THE SIDE OF THE HIP.

**Repeat:**

2 times

**Sets:**

1

**Hold Time:**

30 secs

**Resistance/Time:**

0

**Sessions:**

2 /day

**Exercise:**

Standing TFL Stretch



CROSS THE UNINVOLVED LEG OVER THE INVOLVED LEG. LEAN AWAY FROM THE INVOLVED LEG UNTIL A STRETCH IS FELT ON THE SIDE OF THE HIP.

**Repeat:**

2 times

**Sets:**

1

**Hold Time:**

30 secs

**Resistance/Time:**

0

**Sessions:**

2 /day