



HIP - IT BAND STRETCHES



Stand arms length away from wall. Cross **affected** leg behind unaffected leg; cock affected hip towards wall.



Cross **affected** leg over unaffected leg, while in a sitting position. Grab under shin area of **affected** leg and pull knee towards shoulder of unaffected side.



Cross **affected** knee over unaffected leg. Grab **affected** knee with both hands and pull towards unaffected shoulder.

All stretches should be done in a comfortable environment and in a relaxed atmosphere. Positions should be held for one minute on each leg and then repeated on the opposite leg.

Do not attempt these exercises without first being cleared by our physicians.

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