



## IT BAND/ TFL Stretch



The leg to be stretched should cross opposite side with toes facing the same side. The person should bend the opposite side to stretch IT Band/ TFL  
Hold .....  
Rep.....

The IT band/ TFL along with hip abductors can also be stretched while lying in sideline. The person lies at the edge of the couch with affected leg up and the other leg in hip-knee bent position. Lower the affected leg beyond the couch lying surface as shown in the picture.



Hold ..... / Rep.....