

PAIN FREE PHYSIOTHERAPY CLINIC

31A, DDA Flats, Pkt - 2 Behind Sec - 6 Market, Dwarka New Delhi

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 physiotheraphy.com

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 lea beyond the couch lying surface as shown in the Hold / Rep.......pain free physic

