

3 TFL stretch

exercises to be carried out only under the instruction of your chiropractor



- A** Stand less than arms length from the wall with left hand against the wall.



- B** Standing on the right leg, point the left leg to the right, behind the right leg.



- C** Push the left hip towards the wall whilst pushing the upper body away from the wall.
You should feel the stretch down the left lower back/hip.
If you feel a stretch on the inside left thigh, change your body angle so as to feel the stretch in your hip.
Hold for 10 seconds.

Repeat both sides 10 times.