



**IT Band:** Sit with back against the wall, legs straight forward. Cross one leg over the other, placing heel of one foot to the outside of the opposite straight knee. With your hands around your knee, pull it towards the opposite shoulder.



**Alternate:** Stand 10" next to a wall, closest leg behind the other leg. Lean sideways into the wall, bending at the waist, keeping your trunk *upright*.



**Alternate:** Bend over as if to touch toes with legs crossed. Lean upper body to opposite side of back leg.



**Hip Flexors:** From standing position with toes pointed forward take a very large step (lunge) with one foot. Keep weight balanced between toes of back foot (on straight leg) and bent knee (90°) on the front foot. You may do this next to a chair for balance.



**Gluteus:** Lie flat on back, lift one knee toward chest and grasp around knee with same side arm. Grasp foot with opposite arm while keeping opposite leg straight. Pull knee into armpit of same side.



**Piriformis:** Same as above, however, pull knee to opposite armpit.

9a



**Adductors (groin):** Stand with feet wide apart. Lean to one side, bending that knee, keep opposite knee straight. Trunk should remain upright and facing forward.

9b



**Alternate:** Lie flat on back with soles of feet together, allowing knees to butterfly out to the side.