

*These techniques release restrictions in lateral thigh, including IT band.*

Side-sit with ball in area of restriction under outside of thigh. Keep weight over ball (a).



To increase intensity, lie on side with lower leg straight and elongated and upper leg in front of lower leg to bring weight over ball (b).

Use ball to release entire area from hip down to knee.



Come up on elbow to increase intensity even further (c). 10-6



*Keep the intensity mild to moderate in order to stay with the technique long enough for the tissue to release.*

Sit tall with left knee flexed so foot is nearly under right hip. Cross right leg over left with knee up and right foot next to left knee. Clasp hands or arms around right knee and gently pull towards chest. Feel stretch in right thigh, hip or buttock. As tissue releases, pull knee closer to body and sit even taller to access next layer of restriction. 10-7