

ILLIOTIBIAL BAND ACUPRESSURE RELEASE WITH BALL



- Purpose:** Decreases the tightness in the IT band which runs along the outside of your leg from hip to knee.
- Benefit:** Improves lower body stability in backswing (follow through)
- Instruction:** Rest your hip and outer leg on floor, lying on your side. Place a tennis or baseball below the hip bone along the IT band.
- Quantity:** _____ minutes or until a release occurs (no significant pressure is felt from the balls), then move the ball down the leg repeating the release holds, ending 1 ball distance above the knee. _____ side(s).

Release



Release

