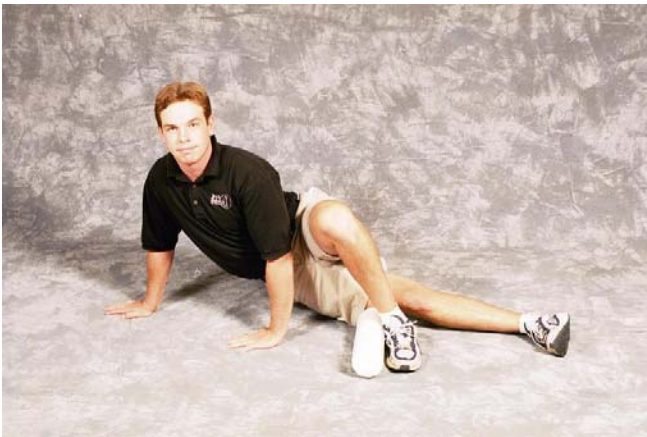


Release

ILLIOTIBIAL BAND WITH FOAM ROLLER HIGH, LOW



4 A



4 B

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 foam roll, lying on your side, below the hip bone along the IT band.

Quantity: _____ minutes or until a release occurs, (no significant pressure is felt from the roll), then move down the foam roll, repeating the release holds, ending approximately 2 inches above the knee.

Release



Release

