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**1: Iliotibial Band / TFL Stretch in Side-lying**

- Lie on your side
- Bend your top knee and grasp ankle with your hand
- Place outside of opposite ankle on the outside of the top knee, and use the ankle to slowly lower the top leg toward the floor until a comfortable stretch is felt

**Reps: 2 Sessions: 2** Everyday **Hold Time: 30s**



**2: Trunk Side-Bending Stretch Standing**

- Stand with one leg crossed over the other
- Slowly lean toward side of back leg, sliding hand down the outside of the thigh until stretch is felt

**Reps: 2 Sessions: 2** Everyday **Hold Time: 30s**