



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)

Instructions:

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).

