



Illiotibial Band With Foam



Roller High, Low

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 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.

