

TFL Stretch

Description: Stretches the outer hip muscles.

Before: Stand with your left side arms length from the wall. Place your left hand against the wall and cross your left leg in front of your right leg with your foot turned on it's left side.

After: Slowly point your left hip towards the wall by bending your left elbow and by bending your right knee in front of your left knee until you feel a moderate stretch on the left side of your hip. You must keep your left leg straight throughout this stretch.



Before



After