

# Hip Stretch



## Tensor Fascia Latae (T.F.L.)/ Vastus Lateralis Stretch

- Step 1: Lie face up, one leg straight, involved leg stretched over opposite leg
- Step 2: Turn leg inward; place your hand on your hip to stabilize
- Step 3: M.E.T. Pull leg into a comfortable stretch & then gently pull your leg toward the opposite side offering gentle resistance.
- Step 4: Release resistance and return to stretch
- Step 5: Repeat 2-3 times