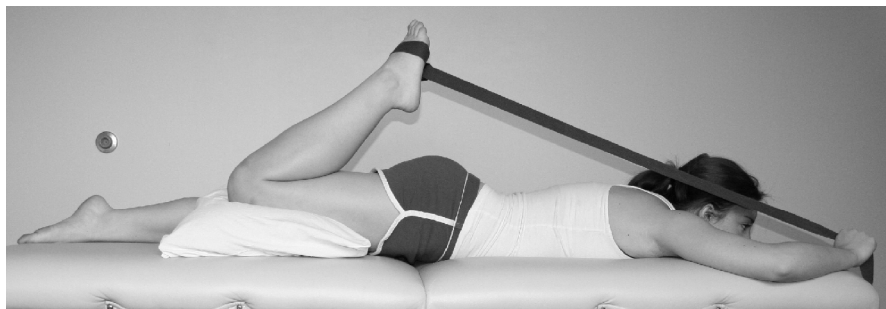


Anterior Thigh and Pelvis Release

Set up a Yoga strap so that the end is fastened into the buckle and will not slip/tighten. While lying prone, place the loop of the belt over the ball/arch of the foot and grasp the free end of the strap over your shoulder (as pictured in the first photo). Gently take up the slack in the strap until you feel a very gentle pull on the front of your thigh. Hold this barrier with a steady, light tension until you feel the thigh stretch or give slightly. Take up the slack in the strap again until you reach the next barrier. Continue this sequence for at least 4-5 minutes, or as directed by your therapist. You may also be instructed to place a small folded towel or pillow under the end of your thigh in order to bring the focus of the stretch up the thigh into the front of the hip (second photo).



Disclaimer: All of the information provided above is intended for use by a qualified health care professional. Please do not attempt these techniques yourself without proper instruction.