



Prone Leg Pull

A simple but often overlooked way of reaching far into the leg, thigh, pelvis, and trunk is the prone leg pull. As with all extremity traction, it is performed slowly and at light levels of force. This technique is a great follow-up to localized releases to the knee, quads, and pelvis, especially the hip flexors. Placing a pillow under the abdomen can reduce any low back discomfort, as well as changing the tissue tensions for an alternative release position.

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.