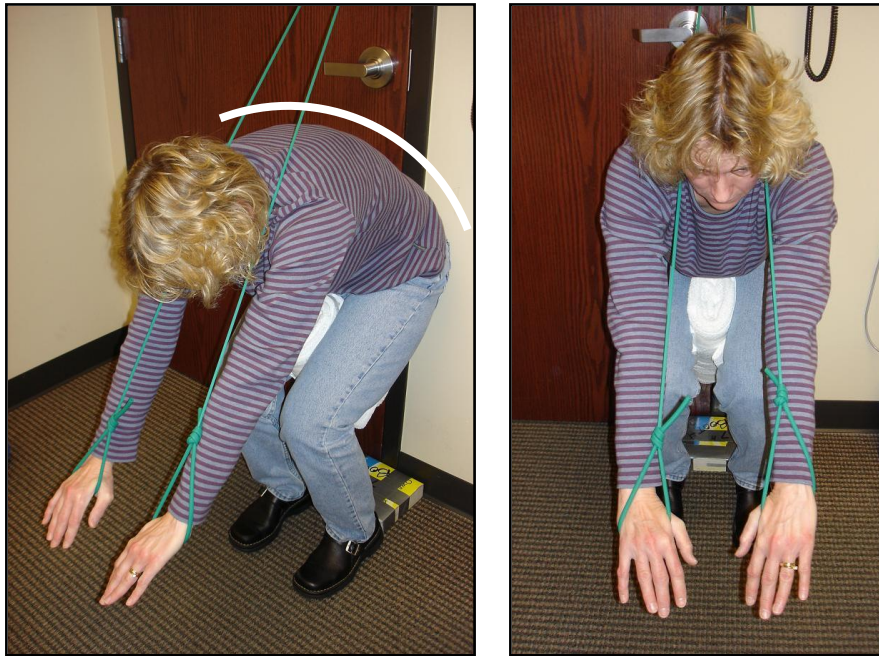


Standing Wall Supported Resisted Ischial Femoral Ligamentous Stretch



1. Stand with your heels 7 to 10-inches away from a wall.
2. Anchor a piece of tubing in a door at or slightly above shoulder level and place the ends in both hands.
3. Place an appropriate size bolster between the upper most part of your thighs. The bolster should be big enough that you are unable to touch your knees when attempting to bring them together.
4. Bring your arms out in front of you as you round out your back, performing a pelvic tilt so your lower back is flat on the wall.
5. Keeping your lower back flat on the wall, inhale through your nose.
6. As you exhale through your mouth, reach forward with both hands. Keep your back rounded.
7. Inhale and attempt to expand your upper back with air.
8. Exhale and reach further. You should feel a stretch in both hips and through your upper back.
9. Repeat the breathing sequence until you have taken 4-5 breaths, in through your nose and out through your mouth.
10. Slowly stand up and continue to squeeze the bolster as you push through your heels, keeping your lower back flat on the wall.
11. Relax and repeat 4 more times.