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Wed, 20 Jun 2018 20:05:00 GMT - Hip Flexor Stretches Exercise: Supine Hip Flexor Stretch LYING ON THE EDGE OF YOUR BED PULL THE UNINVOLVED KNEE TOWARD YOUR CHEST. LOWER THE LEG YOU WISH TO STRETCH OFF THE BED AS ILLUSTRATED.

Hip Flexor Stretches - ptclinic.com -

Sun, 03 Jun 2018 00:51:00 GMT - tfl/itb stretches exercise: sidelying tfl stretch carefully lying on the edge of your bed let your involved leg fall behind the other to obtain a stretch on the side of the hip.

TFL/ITB Stretches - ptclinic.com -

Tue, 19 Jun 2018 06:51:00 GMT - DESCRIPTION: Big Stretch® is a high-performance water-based elastomeric sealant with powerful adhesion and superior elasticity. It spans gaps up to 2"