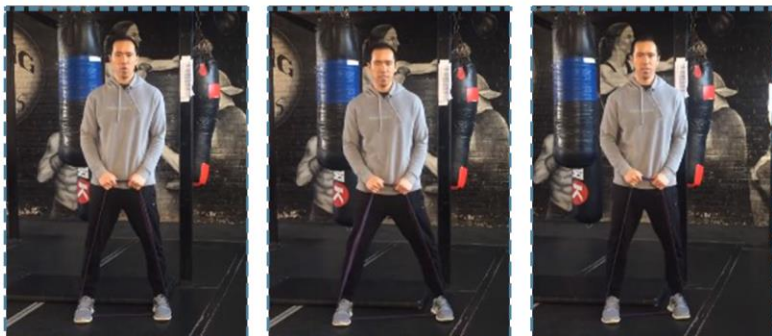


3 TECHNIQUES FOR ELIMINATING TENSOR FASCIAE LATAE PAIN

Hip Abduction

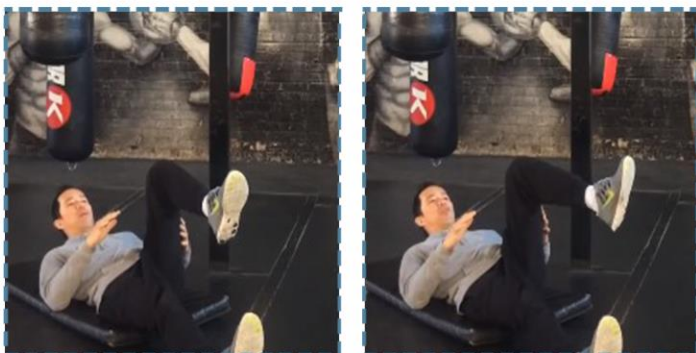
Straight & Bent Leg Monster Walks: 8 to 12 reps per side



1. Step onto a resistance band with both feet and hold the band in your hands
2. Keep legs straight – no bend in your knees – and start to step side to side towards the right
3. Take a couple steps and switch directions – step side to side towards the left, keeping your legs straight
4. Next, bend your knees and keep them bent as you step side to side in one direction and then the other, as above
5. Do 8 to 12 reps per side for each method, straight and bent leg

Internal rotation with hip flexion

Dead Bug with Internal Hip Rotation: 3 reps per, 10 sec hold



1. Lay supine and bring your left leg up with knee bent at a 90 degree angle
2. Internally rotate your bent leg so the knee points more toward the midline
3. As you're rotating, start to press the right hand into your left knee and press your knee back into your hand
4. Hold for 10 seconds and switch – your right leg should now come up and internally rotate as your left hand reaches over and presses against the leg
5. Complete 3 reps on each side, 10 sec hold

Mountain Climber Holds: 5 reps per, 3 sec hold



1. Come into the top of a push up position
2. Flex the hip to bring your right leg in toward the chest
3. As you bring your leg in, internally rotate your hip and drive your knee up in between your arms
4. Hold for 3 seconds, then switch sides, bringing your left leg in and internally rotating before holding
5. Complete 5 reps on each side, 3 sec hold



How to Get LONG-TERM Relief from Nagging Pain

These techniques will help you get rid of the pain in your TFL by restoring the function of the muscles that may not be working right, that causes the TFL to overwork because it compensates for the dysfunctional muscles like the glute medius and the iliopsoas.

However, you may have other layers to this issue that might result in a problem elsewhere.

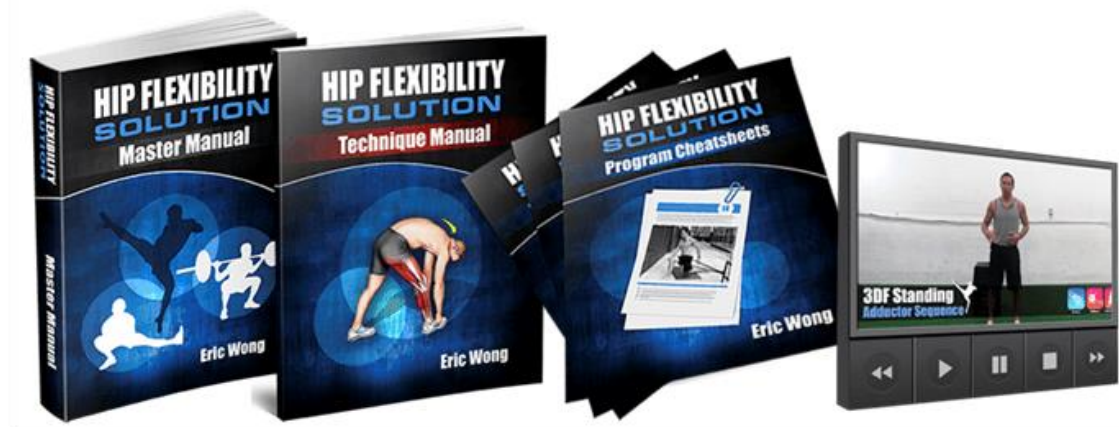
That's why if you're interested in LONG-TERM relief, you need to restore the fundamental functions of the hip joint, otherwise compensations will always occur and result in pain, tightness or weakness somewhere in your body.

The best place to start is with the Hip Flexibility Solution, which will address:

- a) Joint mobility...
- b) Soft tissue quality (muscles and fascia)...
- c) Activation and strength of all the hip muscles...

... and more.

By being here, taking action to deal with your pain, you've shown you're an action-taker and as such you've qualified for a special offer for the Hip Flexibility Solution.



LEARN MORE ABOUT THE HIP FLEXIBILITY SOLUTION