

ITB STRETCH

(HOOKER STRETCH)

This stretch is so-named the “hooker stretch” because it mimics the pose of “ladies of the night.” If you don’t have a lamppost, any steady object like a wall or counter top will do.

- Stand next to a firm object like a counter top or wall (or lamppost, but watch for police)
- Stand so that the leg to be stretch is away from the wall.
- Cross the leg that you are not stretching in front of the one you are stretching.
- Gently slide the hip you are stretching out to the side away from your wall or lamppost.
- **DO NOT SIDE BEND YOUR TRUNK TOWARD THE LAMPPOST.**
- **JUST PUSH THE HIP OUT AWAY FROM THE POST.**
- Once a nice stretch is felt on the side of the leg, hold it there.
- Slightly bend the stretched knee till you feel even more of a stretch.
- Hold this stretch gently here for 60 seconds.
- Repeat 3-5 times per day or more if you like it.

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