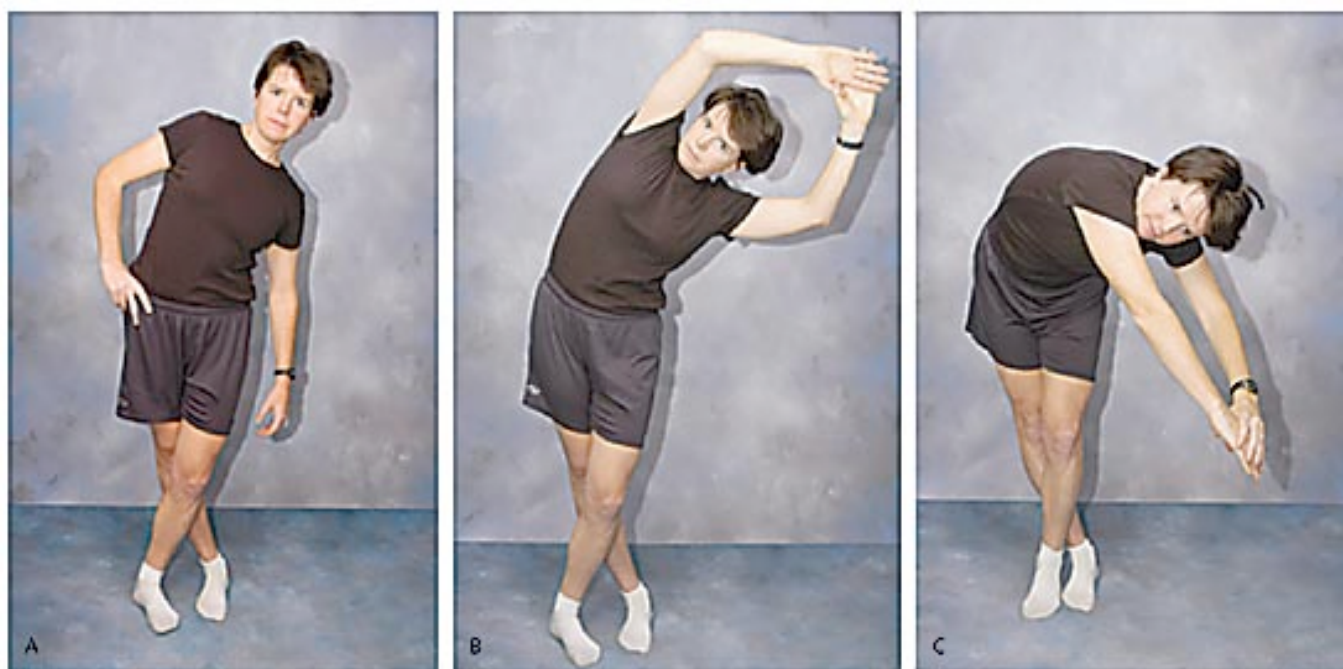


# BodyRelax

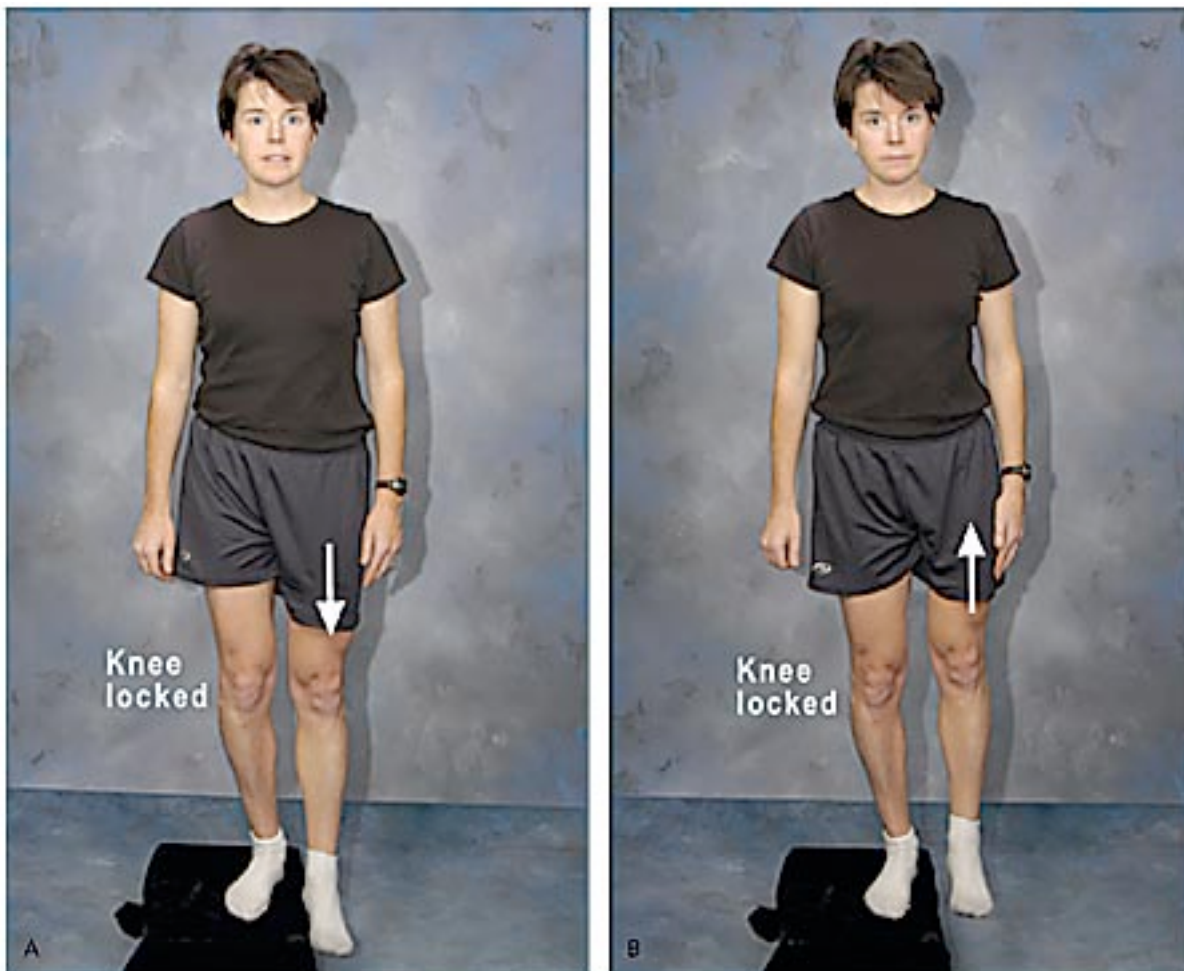
- giv din krop en chance...

## Iliotibial



# BodyRelax

- giv din krop en chance...



The patient stands on a platform and lowers the left leg toward the ground slowly. (B) Through contraction of the right gluteus medius, the patient then elevates the leg, returning the pelvis to a level position.

# BodyRelax

- giv din krop en chance...



Here is a simple stretch you can do while standing.

- Stand in a doorway with your left leg crossed in front of your right leg.
- With your right arm extending overhead, reach for the left side of the door frame.
- Put your left hand on your hip.
- Push slightly on your left hip to move your hips to the right; you will feel a slight stretch along the right side of your torso.
- Continue to stretch so you feel a complete stretch on the outer torso, hip, upper thigh and knee of your right leg.
- Hold 20 to 30 seconds and change sides.
- For a deeper stretch, keep your feet farther apart, bend the knee of your forward foot and keep the back knee straight.

Med venlig hilsen

**BodyRelax**

A handwritten signature in black ink that reads "Lucas Lajer".

Lucas Lajer