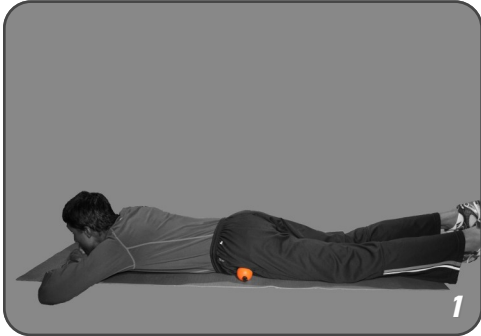


**THE TENSOR FASCIAE LATAE TILT**  
Featuring "The Ball"



1. LOCATE— Find the distance halfway between the anterior superior iliac spine and the greater trochanter. Place Ball under this area. Lean onto trigger point using bodyweight, as shown above.



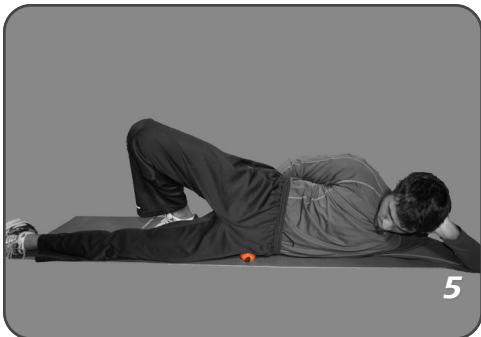
2. STRETCH—Reach back to grasp lower leg and pull towards buttock. Using opposite hand, grasp handle and apply a slight tension to cord to secure the Ball and keep it from moving during



3. SECURE—This is a top-view of picture #2. Note the right hand is holding the handle and applying slight tension away from the body to secure Ball from sliding.



4. ROTATE—Slowly rotate hip to the outside, while maintaining pressure on the tensor fasciae latae trigger point. Hold at bottom position for 1 second and return to top.



5. ALT— An alternate position would be side-lying with the Ball located on the tensor fasciae latae trigger point.

**BENEFITS**

- ☺ Relieve hip pain
- ☺ Reduce symptoms of trochanteric bursitis
- ☺ Reduce pain when leaning backwards
- ☺ Gain flexibility in the hip joints
- ☺ Improve mobility of hips
- ☺ Prevent injury
- ☺ Provide relief from overuse or repetitive stress