

## Rectus femoris



Stretch Rectus Femoris (Posterior Tilt Lumbar Spine)



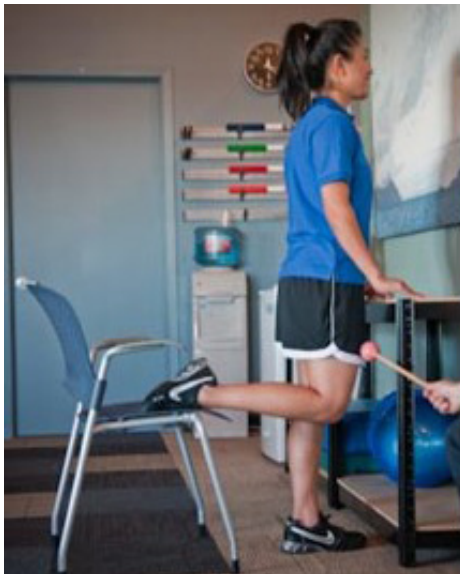
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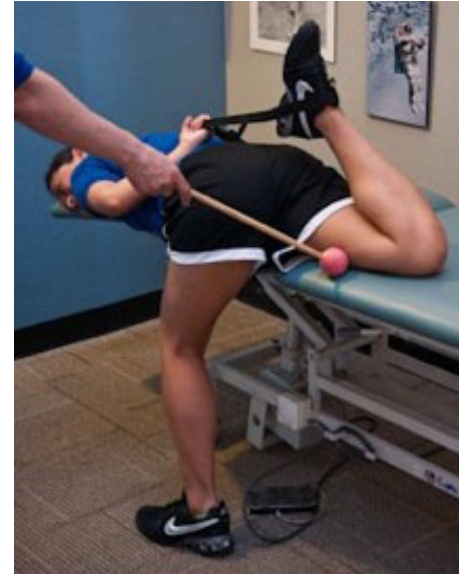
Stretch/Roll Iliotibial Band (Knee Straight)



Stretch/Roll Iliotibial Band (Knee 90 degrees)



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Stretch for the rectus femoris muscle with lumbar spine stabilized. (Note: May also be used as an interrogation technique according to current homeland security guidelines.)

The exercises and theories are intended for our patients as follow up on clinical meetings. No guarantee is made that the exercises will resolve your particular problem, or that our theories will explain your specific problem.