



# **TFL RELEASE CHEAT SHEET**

Relieves low back pain, tight hips, and pulled groins.

A smiling woman with long brown hair, wearing a patterned sleeveless top and blue earrings, holding a green foam roller. She is standing in a gym setting with various exercise machines visible in the background.

## BEFORE WE BEGIN

With all self-help fascial release techniques, it's important to remember that you're trying to pin a piece of your fascial system (to a foam roller, lacrosse ball, etc) and stretch it through movement. Sometimes this can be intense, so don't forget to breathe as you learn to move better, feel better, and create lasting change!



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**STEP BY STEP**



# + 01

## **MATERIALS**

For the TFL release you'll need some atypical tools to get the job done. I recommend a hollow pole (preferably pvc) and a tennis ball. You can do this technique without a hollow pole, but it's much more difficult because you need to jam the tennis ball into the end of the pole and have it stay put when it's against your TFL.



## POLE ON WALL



THEN

## HIP POCKET



### POSITIONING

Start by positioning one end of the pole on the wall and jam the tennis ball into the other end of the pole. Then lay down on your back with one leg bent (see pic) and position the ball just below your hip bone. You should feel a "pocket" that you can sink into with the tennis ball. There's a good chance it will feel tender or sensitive when you apply pressure.

+ 02

IN



OUT



THEN

### IN & OUT

Once you find the pocket just keep pressure on your TFL to pin it, and make sure to have a good leverage point from the pole to your hip. Then start moving the knee back and forth bringing it in towards your centerline then out towards the outside of your body. Move the knee in and out 2-3 times.

+ 03





**ZIG**



**ZAG**



+  
**04**

## **ZIG-ZAG DOWN**

When your knee is towards the outside of your body start to straighten the leg out slightly. Then repeat step 3 moving the knee in and out 2-3 times. After that, straighten the leg out even more as you zig-zag the knee in and out. Continue this process until your leg is completely straight (flat on the floor).



## ZIG



## ZAG



+  
**05**

### ZIG-ZAG UP

Once you make it all the way down to the ground (leg completely straight) start zig-zagging your way back up as high as you can go using the same method as steps 1-4. Remember to bring the heel up towards your butt when the knee is towards the outside of your body. When you zig-zag your way back up as far as you can, you are done. Repeat steps 1-5 on the other leg.



## HEEL IN



OR

## HEEL OUT



+  
**06**

### HEEL PLACEMENT

You may have to play with the positioning of the heel to get the best stretch. If your left heel is closer in towards your right leg, the stretch will be less intense. If the left heel is farther out towards the outside of the body the stretch will be more intense. Somewhere in between will be best for most people, but adjust as needed for the best stretch.



## TIPS FOR SUCCESS

- Use a tennis ball for this technique. It will be **FAR MORE** effective than any other tool.
- If you're having trouble finding the "pocket" move the knee more towards the outside of your body to locate it more easily.
- Take your time in finding the **RIGHT SPOT**. You want to find the pocket/hole and sink into it. You will know you've got the right spot because it will feel tender, sore, tight, or sensitive.
- You'll likely need to keep adjusting the tennis ball as you move your leg, to keep it in the right spot. Make sure to use your hand to keep the ball pinned to your TFL.
- Make sure your foot (the one on the leg you're working) doesn't move too much towards your other leg.
- If you try both hips and you find that one is a lot more sensitive or tender, **DO THIS ONE MORE**. Spend more time here. This will help **EVEN OUT** your pelvis if there is an imbalance.

# ADVENTURE WITH CONFIDENCE

As always I hope you're learning to trust your body, do what you love, and adventure through life with confidence.



# THANK YOU!



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