



I'm not a robot

































Here is the second video in this series in TFL Trigger Points - Pain can refer midway down the lateral thigh and will often radiate to the knee. This video is 4 minutes condensed into 1 minute. My goal is to sustain the amount of pressure VS changing positions from fatigue. This is part of a series of videos on In this last video on my series on In this video, we demonstrate soft tissue An educational video to demonstrate anterior thigh If you're a runner, have IT band tightness, hip pain, tight hip flexors, or pain on the outside of the knee it may be your TFL, not your ... Stuart Hinds is primarily recognized for his expertise in working with elite Watch our guide to Pre-Event & Post-Event