

# Lying TFL Stretch



Lie on your back with knees bent and your left foot a couple inches outside of your left hip.

Cross your right calf over your left thigh. Allow the weight of the right leg to draw your left thigh in and down toward the floor.

You should feel the stretch on the outside of your left hip (your TFL or tensor fasciae latae) . Try to relax into the stretch.

## Expanding Hours!

Beginning April 03, 2021, we will be **Open every other Saturday** from 9:00am-Noon.

**Open April 3 & 17, May 1, 15, & 29. June 12 & 26, and July 10 & 24**

In keeping with our COVID-19 safety practices, we will be seeing patients by appointment only, as we do during the week.

Please call for appointment availability and follow us on Facebook for the latest hours and updates!

We look forward to serving you and your families during our expanded hours.

In an effort to help each and every patient Dr. Ralph has put together a group of physiotherapy exercises that can be accessed on our website at:

<https://www.highlandfamilychiro.com/health-resources.html>

These can be done in the privacy of your own home until you are able to be back in the office. Please feel free to share these with your friends and family.

## **Every Drop Counts!!!**

In these unprecedented times, our community needs to stand together!

Hospitals are experiencing blood shortages like never before. The Red Cross is now offering **COVID-19 Anti-body** testing for every donation!



Check out our **Virtual Blood Drive** at <https://sleevesup.redcrossblood.org/campaign/highland-family-chiropractic/> to find out how you can pledge to donate today!

**We are currently back to seeing routine and maintenance patients.**

**Please feel free to call 770.565.8151 if you have any questions about this exercise or our schedule.**