ITB FOAM ROLL EXERCISES

NovaCare® REHABILITATION
The Power of Physical Therapy™

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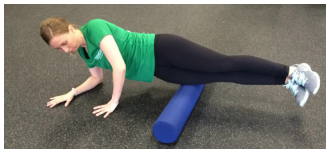
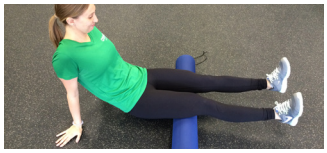
	EXERCISE	REPETITIONS
	PIRIFORMIS	30 repetitions
	ITB	30 repetitions
	HAMSTRING	30 repetitions
	QUAD	30 repetitions
	CALF	30 repetitions

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