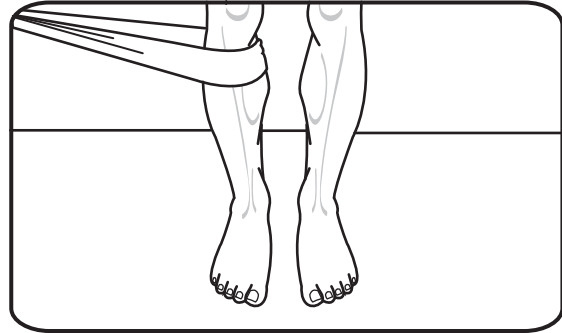
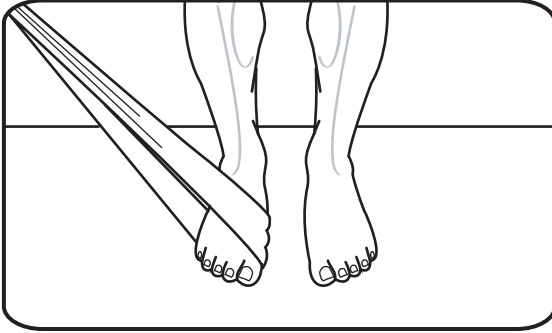


**Variation:** The releve's can also be done with the theraband placed on the arch of the foot or below the knee. Try all three places and see where you have the most trouble controlling your hip, knee, and ankle alignment. Which ever area is weakest and most difficult to control is where you should focus on doing the theraband releve series.



**\*Caution:** If you are unable to do the releve's without losing your hip, knee, and ankle alignment then release the tension in the theraband and try again. If you are still unable to maintain alignment, begin the exercises without the theraband. As you gain control of the releve alignment, you can add the theraband again.