

(54) Title of the invention : A NOVEL APPROACH FOR SIMULTANEOUS STRETCHING OF VASTUS LATERALIS AND ILIOTIBIAL BAND

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(57) Abstract :
 The present invention introduces an innovative technique for the concurrent stretching of the Vastus Lateralis and Iliotibial Band, addressing musculoskeletal imbalances and related pathomechanics. The musculoskeletal system, crucial to the kinetic chain, often exhibits issues such as patellofemoral pain syndrome (PFPS) and iliotibial band friction syndrome (ITBFS), both linked to aberrations in the Vastus Lateralis and Iliotibial Band. Traditional stretching methods fall short in simultaneously targeting these structures, necessitating a novel approach to optimize musculoskeletal health.

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