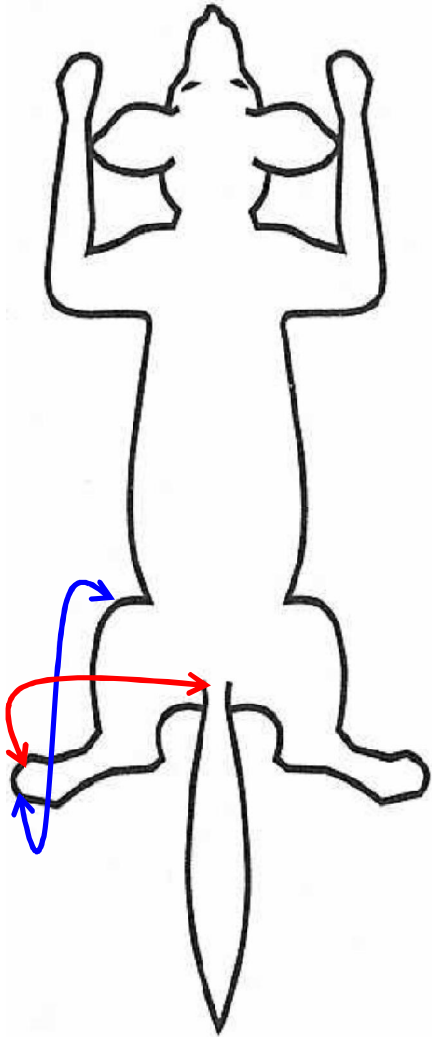
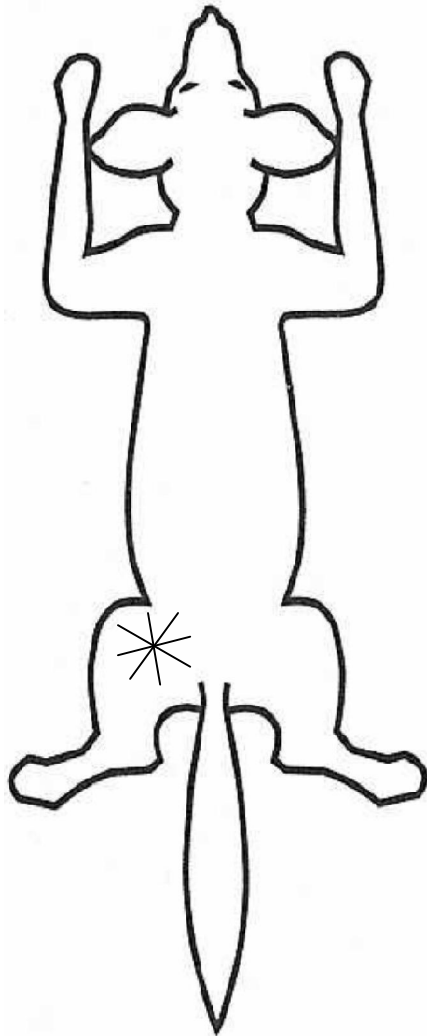


## Hip Pain (Left)

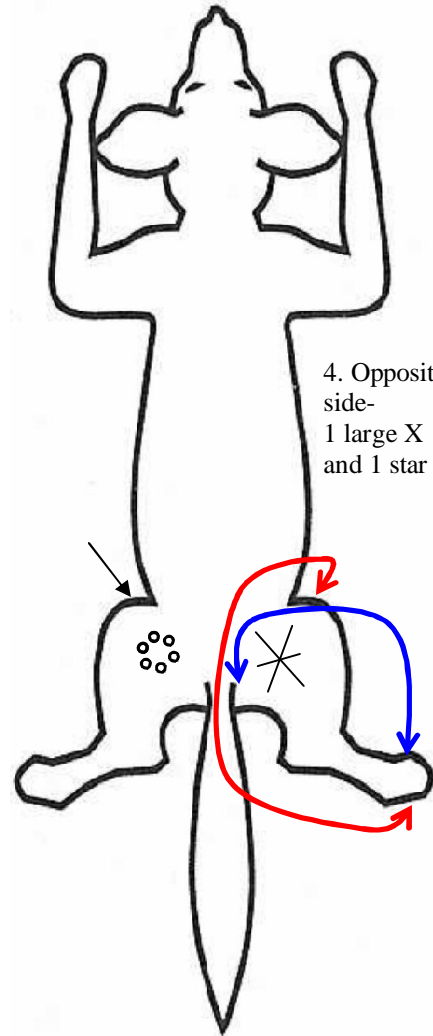
If both sides painful apply steps 1-3 to left and right



1. Large X: 20 seconds each side

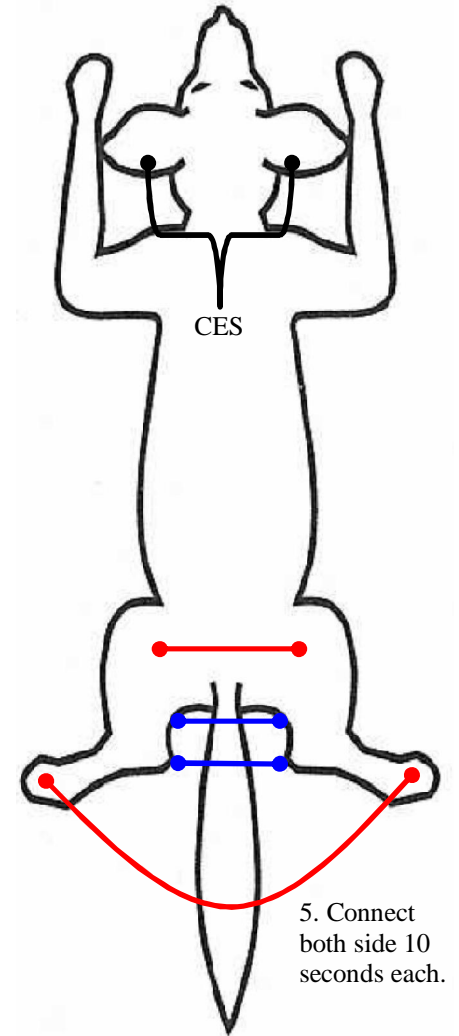


2. Multiple stars around hip— press deep: 10 seconds each



3. 1 probe at medial hip and other probe moved around outside of hip: 10 seconds each point

4. Opposite side-  
1 large X  
and 1 star



5. Connect both side 10 seconds each.