Do You Have Tight Hips?

If so, please consider participating in a research study comparing three different stretches; and how they improve your Iliotibial band flexibility and performance.

**Requirements:**
- Females age 18-35
- Have tight IT bands
- Currently participating in moderate exercise 2-3

Participants will be asked to attend four different sessions (~1 hour each) during the study.

**Research credit MAY be available in select KINE courses, upon instructor’s discretion.**

For more information about the study or to see if you qualify, contact Samantha Baker, BS, MSAT graduate student, at bake6897@neo.tamu.edu or call (918) 629-7289.

Participation in this study is voluntary and withdrawal may occur at any time without penalty or loss of benefits you would otherwise be entitled. (IRB#2013-0316; Approval 7/18/13; Expiration 7/15/2014)