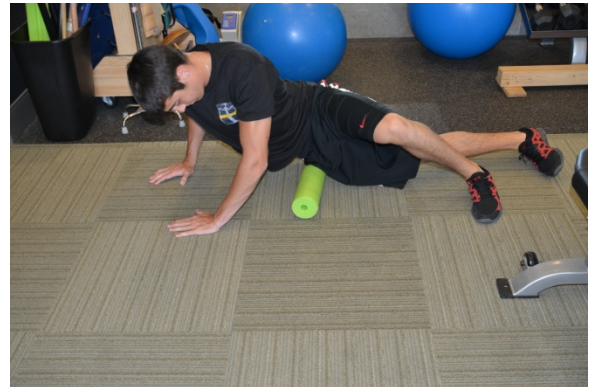




Illicitibial (IT) Band Home Exercises

1. Foam Roller Stretches:

Using a 6 inch diameter cylinder, roll the lateral thigh from the hip to just above the knee joint. Use arms and upper leg to support torso.





2. Figure-4 Stretches:

Cross one leg over the other, lean forward, and externally rotate the hip. You should feel the stretch in the gluteus muscles.



3. Standing IT Stretches:

Cross the injured leg behind the normal leg. Extend arms and stretch away from the injured side, all the way to the floor.





4. Seated IT Stretches:

Bend and Cross injured leg over normal leg.
Hold the injured knee with the opposite elbow.
Twist the upper body towards the injured side.

