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IT BAND EXERCISES

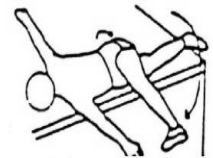
IT Band Stretch (Standing)

- Stand sideways with the leg to be stretched toward the wall, an arm's length away for support.
- Cross leg to be stretched behind the other leg as shown.
- Slowly lean hip into the wall until you feel a stretch along the outside of your hip and leg.
- Hold for 20 seconds and repeat 3-5 times, once daily.



IT Band Stretch (Lying)

- Lie on back with arms outstretched and legs extended.
- Cross the leg to be stretched over, extending it out in front of you. Your hips should slightly roll with your leg.
- To increase the stretch, apply pressure on your leg above or below your knee.
- Hold for 20 seconds and repeat 3-5 times, once daily.



Crossed leg Stretch (Scissor Stretch)

- Stand with leg to be stretched crossed over in front of the other leg.
- Keeping your knees straight, lean forward to touch your toes. You should feel a stretch along the outside of your hip and thigh.
- Hold for 20 seconds and repeat 3-5 times, once daily.



Lateral Step-Ups

- Stand to the side of a low stool or step with your involved leg towards the step.
- Step up and to the side with your involved leg and down with your other leg.
- Repeat 20 times, once daily.



Resistive Exercises: Use ½-inch rubber tubing, a bungee cord, or beginner/medium strength elastic exercise band. These exercises will be done in all planes of motion. Each motion should be slow and controlled.

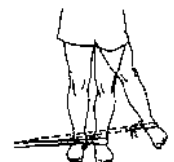
Lateral Lunges

- Stand with legs together, with the band in your hands and the tension pulling away from your involved side.
- With your involved leg, step to the side and then slowly return to the starting position.
- Repeat 10 times, once daily.



Resisted Abduction

- Stand with band around your involved leg with the tension pulling your leg in (across your body).
- Slowly pull leg out as far as is comfortable, and slowly return it to the starting position.
- Repeat 10 times, once daily.



Dr. Gardner would like you to ice for 20 minutes after completing your exercises.