IT BAND HOME EXERCISE PROGRAM

Supine Hamstring Stretch with Strap

**Rep s**: 5  **Sets**: 1  **Hold (sec)**: 15  **Weekly**: 5x  **Daily**: 2x

**Setup**
Begin by lying on your back with your legs straight and a strap secured on one foot, holding the end in your hands.

**Movement**
Use the strap to pull your leg up toward your body, feeling a stretch in your hamstrings.

**Tip**
You can have a slight bend in your knee but keep your foot straight. Make sure not to let your other leg lift off the ground.

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Supine ITB Stretch with Strap

**Rep s**: 5  **Sets**: 1  **Hold (sec)**: 15  **Weekly**: 5x  **Daily**: 2x

**Setup**
Begin by lying on your back with your legs straight and a strap secured around one foot, holding the end in your opposite hand.

**Movement**
Pull on the strap to draw your leg diagonally across your body and hold, feeling a stretch on the outside of your leg.

**Tip**
Make sure to keep your shoulders and hips on the ground during the stretch.

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Sitting Supine Piriformis Stretch

**Rep s**: 5  **Sets**: 1  **Hold (sec)**: 15  **Weekly**: 5x  **Daily**: 2x

**Setup**
Begin sitting upright in a chair. Cross one leg over the other so that your ankle is resting on top of your opposite thigh.

**Movement**
Gently pull your bent knee across your body toward your opposite shoulder. You should feel a stretch through the back of your hip and buttocks.

**Tip**
Try to not to arch your back or lean to one side as you stretch.
Sidelying Quadriceps Stretch

**Setup**
Begin lying on your side with your legs straight.

**Movement**
Bend your upper leg, and grab hold of your foot to pull it toward your buttocks until you feel a stretch in the front of your thigh and hold.

**Tip**
Make sure not to let your hips tilt forward or backward.

Thomas Stretch on Table

**Setup**
Sit at the edge of a bed or table with both legs hanging off the edge.

**Movement**
Lift one leg toward your chest, and lean backward onto the table at the same time. You should feel a stretch in the front of the hip of your leg that is hanging toward the floor.

**Tip**
Make sure not to let your low back arch during the stretch.

Clamshell

**Setup**
Begin in a standing upright position with your arms resting at your sides.

**Movement**
Lift one foot off the ground. Hold this position.

**Tip**
Make sure to maintain your balance and keep your back straight during the exercise.

**Notes**
AS this exercise gets easier, can add theraband across thighs to add resistance.
Sidelying Hip Abduction

**Setup**
Begin by lying on your side.

**Movement**
Slowly lift your upper leg towards the ceiling then lower it back to the starting position.

**Tip**
Make sure to keep your knee straight and do not let your hips roll backward or forward during the exercise.

**Notes**
As this exercise gets easier, can add ankle cuff weights to add resistance.

Hip Hiking on Step

**Setup**
Begin standing on a platform, balancing on one leg, with your other foot hanging off the edge.

**Movement**
Raise one hip to lift your hanging foot off the ground as high as you can, then lower it and repeat.

**Tip**
Make sure to keep your foot relaxed and use your hip to create the movement. Maintain an upright posture during the exercise.

Lateral Step Down

**Setup**
Begin by standing on a platform or step with one leg hanging off the edge.

**Movement**
Maintaining an upright position, bend at your knee and hip, slowly lowering your foot to the ground, then return up to the starting position and repeat.

**Tip**
Make sure not to let your trunk bend forward or your knee collapse inward as you lower your foot to the ground.

**Notes**
Tap heal on ground and return, with balance and control.
Standing Hip Abduction AROM

**Reps:** 10  **Sets:** 3  **Hold (sec):** 2  **Weekly:** 5x  **Daily:** 2x

**Setup**
Begin in a standing upright position holding onto a chair for support.

**Movement**
Lift one foot off the ground, and draw your leg outward. Repeat this motion. Keep the knee of your moving leg straight and do not allow your trunk to wobble.

**Tip**
Make sure to keep your shoulders and hips facing straight forward during the exercise.

**Notes**
Maintain tight, upright posture. Do not lean.