

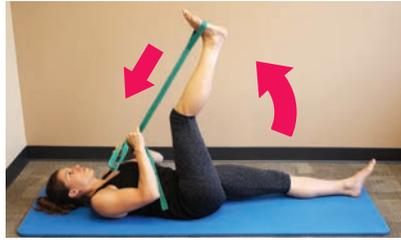
IT BAND HOME EXERCISE PROGRAM

Supine Hamstring Stretch with Strap

Reps: 5 Sets: 1 Hold (sec): 15 Weekly: 5x Daily: 2x



Step 1



Step 2

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.

Supine ITB Stretch with Strap

Reps: 5 Sets: 1 Hold (sec): 15 Weekly: 5x Daily: 2x



Step 1



Step 2

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.

Sitting Supine Piriformis Stretch

Reps: 5 Sets: 1 Hold (sec): 15 Weekly: 5x Daily: 2x



Step 1



Step 2

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

Reps: 5 Sets: 1 Hold (sec): 15 Weekly: 5x Daily: 2x



Step 1



Step 2

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

Reps: 5 Sets: 1 Hold (sec): 15 Weekly: 5x Daily: 2x



Step 1



Step 2



Step 3

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

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



Step 1



Step 2

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

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



Step 1



Step 2

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

Reps: 10 Sets: 3 Hold (sec): 1 Weekly: 5x Daily: 2x



Step 1



Step 2

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

Reps: 10 Sets: 3 Hold (sec): 1 Weekly: 5x Daily: 2x



Step 1



Step 2

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 heel on ground and return, with balance and control.

Standing Hip Abduction AROM

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



Step 1



Step 2

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.