



Iliotibial Band Stretches



Seated Rot. / Knee Across Chest

Sitting tall, legs out in front. Bend one knee up and place foot over opposite knee. Hug bent knee in toward chest, while rotating upper body in opposite direction. Maintain tall posture and an abdominal hollow. Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

Notes:



Knee Across Chest - Seated

Sitting tall on floor, legs out in front. Bend one knee and cross foot over opposite leg. Use hands to help gently bring that knee across and towards the chest. Stretch felt in the hips/buttocks. Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

Notes:



Knee Across Chest - Supine

Lying on back, hug one knee up and bring it across body toward opposite elbow. Keep other leg flat on floor, maintain an abdominal hollow. Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

Notes:

Patient:

ID:

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Notes:

Fig.4 Knee to Chest - Supine

Lying on back, knees bent and feet flat on floor. Cross one ankle onto opposite knee, allowing the upper knee to fall out to the side. From here, wrap hands around bottom knee, and pull that knee up toward shoulder on same side. Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	



Notes:

TFL / Gluts Supine Trunk Rot.

Lying on back with knees bent, arms out to sides at shoulder height. Cross one leg over the other at the knee, use top leg to guide bottom knee inward/down toward floor. Let pelvis/buttock lift slightly off floor, allowing stretch across hip and low back. Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	



Notes:

TFL - Standing

Stand approx. 2 ft. from chair, with one hip facing chair. Cross foot furthest from chair in front of opposite foot, bending the front knee and keeping back leg straight. Glide inside hip toward chair, and lean upper body away from chair. Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

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Hip Abduction - Side Lying

Lying on one side, bend bottom knee and keep top leg straight. Slowly raise top leg sideways (30-45), keeping leg straight and toes pointing slightly downward. Maintain an abdominal hollow throughout the movement. Keep spine/neck/head in neutral. All movement occurs at the hip, upper hand can rest on the pelvis to assure that it remains stable throughout the movement. Stop if the exercise causes pain.

Sets:	4-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

Notes:



Side Lying Knee Lift / Hip Rotation

Lying on side with top knee bent, and top foot resting behind the knee. Raise knee up, rotating at the hip, keeping foot in place on the floor. Maintain an abdominal hollow to help keep pelvis stable. Slowly return to start position and repeat. Stop if the exercise causes pain.

Sets:	4-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

Notes:



Side Lying Hip Abduction

Lying propped up on side with tubing wrapped around both ankles, keeping the tension loose. Raise top leg up to approx. 45°. Keep hips square and foot parallel to the floor. Return toward the start position releasing the tension on the tubing and repeat.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	
4 x/week	

Notes:



Notes:

Bridging with lat. hip rotation

Lying with back supported on BOSU ball, knees bent, one foot flat on balance cushion, other foot flat on floor. Maintain an abdominal hollow, push foot down into cushion to support lower body weight, other foot resting on floor for stability. Slowly let support knee fall out to side, still maintaining squeeze through buttocks. Hold for 3 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	3-4
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	