

IT Band Exercises

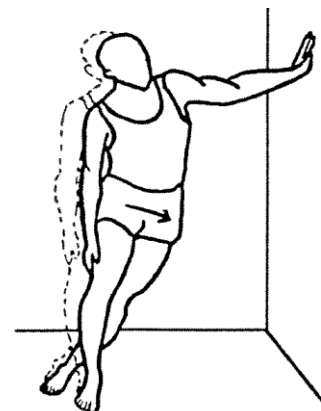


Dr. Ho

STRETCHING

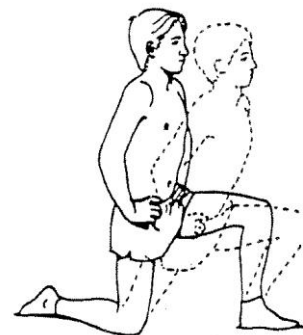
Side-Leaning Iliotibial Band Stretch

- Standing with the side you are planning to stretch near a wall, cross your uninjured leg in front of the leg you are planning to stretch, distributing your weight evenly between the two feet.
- Using the hand closest to the wall for support, lean your hips into the wall, feeling a stretch on the side of your hip.
- Hold this position for 15-30 seconds.
- Then, slowly relax and return to the starting position. This is one repetition.
- Do at least 2 sets of 3 repetitions on each leg, a day.



Hip Flexor Stretch

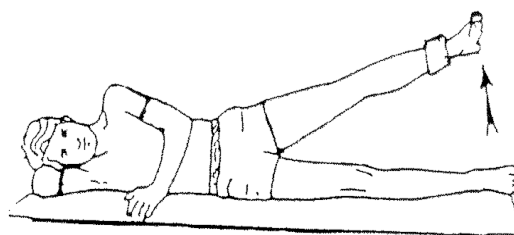
- Placing a towel between your knees and the floor, start on both knees. Keeping the knee and foot of the hip you are planning to stretch on the floor, move the other leg forward and place its foot flat on the floor.
- From the lunging position, lunge further, leaning forward at the hips, pressing both hips towards the floor. You should feel a stretch in the front of your hip.
- Hold this position for 15-30 seconds.
- Then, slowly relax and return to the starting position. This is one repetition.
- Do at least 2 sets of 3 repetitions on each leg, a day.



STRENGTHENING

Hip Abductor Strengthening

- Lie on your side with the affected hip up.
- With the leg straight raise the leg about 12-18 inches or 30 degrees from horizontal.
- Hold for 5 seconds and then slowly lower.
- Perform 3 sets of 10 repetitions.
- When this becomes easy add a 1 lb ankle weight for more resistance.



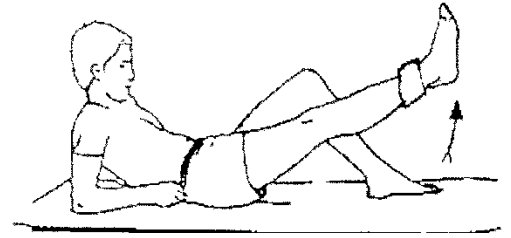
*If you have any problems or questions,
please call your doctor's office (8am-5pm).*

Answering service for after hours.

8270 WILLOW OAKS CORPORATE
DRIVE, SUITE 700
FAIRFAX, VA 22031
P 703.810.5228 | F 571.407.5659
ORTH VIRGINIA.COM

Hip Flexions Strengthening

- Lie on your back with the affected leg out straight.
- Raise the leg at the hip about 12 inches and hold for 5 seconds. Lower the leg slowly to the floor.
- Perform 3 sets of 10 repetitions.
- When this becomes easy add a 1 lb ankle weight for more resistance.



Excerpted from the premier patient guide to sports injuries, *100 Questions & Answers About Your Sports Injury*. Howard TM, **Ho GWK**, Lewis J. 100 Questions & Answers About Your Sports Injury. Sudbury: Jones and Bartlett Publishers 2008.