



Notes:

1- IT band stretch



Lie on your side on the side of a bed with your leg to stretch on top. Place a pillow under your head for comfort and drop your top leg off the side of the bed. Keep your pelvis vertical and trunk aligned; do not go into rotation. Keep the stretched leg close to the bed, without too much hip flexion. Hold the position when you feel a comfortable stretch along the side of your hip/thigh. You can help yourself with your top arm to maintain the position by placing the hand on the bed.

2- Stretching IT band



Lie on your back with your knees bent. Place one foot on the opposite knee and use your foot to lower your knee towards the ground until you feel a stretch across your outer thigh. Hold the stretch for the recommended time and slowly return to the initial position.



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it band stretch

3- IT band stretch



While standing on the involved leg, cross your opposite leg in front then push the hips out to the side until a stretch is felt on the outside of the hip.