



Texas Orthopedics, Sports & Rehabilitation Associates

Iliotibial Band Stretches

Crossed-Leg Stretch ___ sets of ___ reps

Lay down and cross the involved leg over the other.

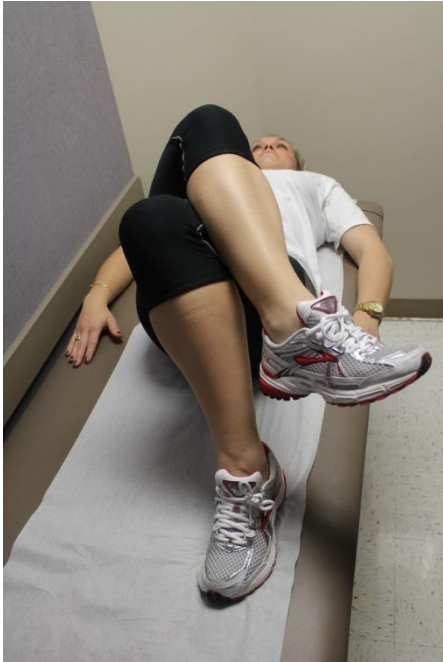


Then reach down and grasp the other leg with both hands. Gently pull the thigh upward toward your head.



Reverse Crossed-Leg Stretch ___sets of ___ reps

Lay down and cross the uninvolved leg over the other.



Use the uninvolved leg to pull the involved leg to the side while keeping your body straight.



Pressing your hands against the surface of the bed or floor will help keep you balanced and improve the stretch.

Lying Backward Side Stretch ___sets of ___ reps

Lay down with the involved hip up and your back to the edge of your bed. Flex the bottom leg forward for balance. Allow the involved leg to gently fall behind the other leg, keeping it straight. *Do not allow your body to fall backward.*



Belt Stretch ___sets of ___ reps

Make a loop with the buckle of a belt and slide the loop around the foot of the leg you wish to stretch.



While turning the toe inward (11:00/R, 1:00/L), raise the leg about 1-2 feet off the bed or floor and gently cross it over the other leg until you feel a stretch develop.



Standing Stretch ___sets of ___ reps

Stand with the side you wish to stretch toward the wall. Put your hand on the wall and the other hand on your hip. Cross your outside leg over the leg closest to the wall, keeping one hand on the wall and one on the hip.



Use the hand on the outside hip to gently press the other hip toward the wall. We call this the “sass position.”

