

# Exercises for iliotibial band friction syndrome

## Gluteal muscle strengthening exercises

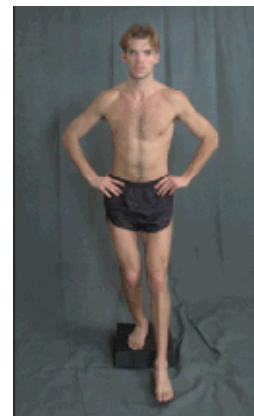
1. Sidelying leg lifts: With painful leg on top, keep hips stacked on top of each other, and lift top leg up and back (on 45 degree angle). Slowly lower back to start position.

Repeat 10-20x/set, 2-3 sets/day



2. Single leg step downs: Keep hips parallel with ground. Step down in a slow/controlled motion, making sure not to allow the knee of the weightbearing leg to drift in towards your other knee

Repeat 10-20x/set, 2-3 sets/day



## Iliotibial Band stretching exercises

Standing ITB stretch: Cross painful leg behind opposite leg and turn foot of painful leg so that toes are pointing towards other foot. While keeping back straight and shoulders facing forwards, side bend away from painful side. Stretch should be felt in lateral hip of painful side.

Hold 30 secs, Repeat 3-5 x/day (and also after activity)

Foam roller: Laying on painful side. Keep body straight. Start with foam roller just below hip, use arms and opposite legs to push body up roller until just above knee. Return to start position.

Repeat 10x/set, 2-3sets/day (especially before and after activity)

