

Nottingham Family Wellness Centre

ITB Syndrome

ITB Stretches



STANDING ILIOTIBIAL BAND STRETCH

In a standing position, cross the affected leg behind your unaffected leg.

Next, lean forward and towards the unaffected side while using your arm for balance support.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



SIDELYING ITB STRETCH

Start by lying on your side with your back near the edge of your bed or table. Your affected leg should be on top. Next, let the top leg lower behind you as you maintain an extended knee as shown. You should feel a gentle stretch along the side of your leg.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



ITB STRETCHING

Stand facing a wall or stable surface. Cross your legs with the leg that is being stretched placed behind the other. Sidebend to the opposite side of the leg being stretched while gently gliding the pelvis/hip of the stretched leg to the side

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day

Nottingham Family Wellness Centre

ITB Syndrome

ITB Foam Rolling



ITB FOAM ROLLING

Start on your side with a foam roll under your bottom thigh.

Next, using your arms and unaffected leg, roll up and down the foam roll along your lateral thigh.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day