

IT Band Syndrome Rehabilitation Exercises

Figure 4 Stretch for the Piriformis Muscle

Cross one leg over the other into a figure 4 position. The **first** method is to push your leg away from your head (as shown). The **second** method is to hold the opposite leg (while maintaining the figure 4 position) and pull your bent leg toward your chest until you feel a stretch in your buttock area.

Hold for 30 seconds, and 3 repetitions per side.



Pigeon Stretch

Keep your front leg with the knee at 90 degrees and straight out in front with your back leg straight behind you. Lean forward as far as you can until you feel a stretch in your buttock. Do not twist your body.

Hold for 30 seconds, and 3 repetitions per side.



IT Band Mobilization with Foam Roller

Position your affected side down onto the foam roller. Slowly roll your body back and forth along the entire length of the IT band and lateral thigh. Do not roll it over the greater trochanter of the hip (the boney part near your pelvis). Spend extra time on the most painful areas. Perform on both legs, but spend more time on the affected side.

Perform 1-2 minutes on each leg once per day.



IT Band Mobilization with Thera-Band Roller Massager

If the foam roller is initially too painful, utilize a Thera-Band Roller Massager to perform the mobilization. Slowly roll the massager back and forth along the entire length of the IT band and lateral thigh. Do not roll it over the greater trochanter of the hip (the boney part near your pelvis). Spend extra time on the most painful areas. Perform on both legs, but spend more time on the affected side.

Perform 1-2 minutes on each leg once per day.



Lacrosse Ball Mobilization of the Tensor fasciae latae

Place a lacrosse or tennis ball just above the boney part of the hip (greater trochanter), but below the top of the ilium (the bone directly below the rib). Lie on the ball and slowly apply firm pressure to the area. Gently move the ball around and hold over the tender areas.

Perform 1-2 minutes on each leg once per day.



Clamshell for External Hip Rotation

Lie on your side (with your spine in a neutral position) with your hips flexed and your feet together. Depending on your strength level, perform the exercise with or without an exercise band tied around your knees. Slowly raise your knee upward as far as you can without rolling your pelvis backward. Keep your core engaged. The only movement should be from your knee lifting up.

Perform 3 sets of 15-20 seconds holds once per day.



Clamshell for Internal Hip Rotation

Lie on your side (with your spine in a neutral position) with your hips flexed and your feet together. Depending on your strength level, perform the exercise with or without an exercise band tied around your ankles. Slowly raise your foot upward as far as you can without rolling your pelvis backward. Keep your core engaged. The only movement should be from your ankle lifting up.

Perform 3 sets of 15-20 seconds holds once per day.



Side Stepping with an Exercise Band

Tie the exercise band above your knees. Move into a slight squat position. Try to side step while keeping your feet facing forward. Move slowly, and try to keep your head at the same level.

Walk sideways for 20-30 feet. Return back again, but don't turn around.

Perform 2-3 sets once per day.

