

Iliotibial Band Stretch (Flexibility)



1. Stand next to a chair. Hold onto the chair with your right hand for support. Cross your right leg behind your left leg.
2. Lean your right hip toward the right. Feel the stretch at the outside of your hip.
3. Hold for 30 to 60 seconds. Then relax.
4. Repeat 2 times, or as directed.
5. Switch sides and repeat.
6. Do this 3 times a day, or as directed.



Tip: Don't bend forward or twist at the waist.

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