

SPORTS ORTHOPEDICS INSTITUTE

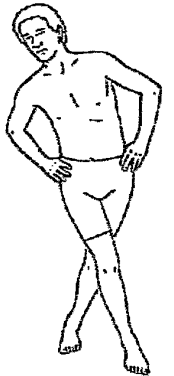
#20, 1st Main Road, 1st Block, Koramangala
Bengaluru - 560034
Phone: +91 80 43029757



IT Band Stretching Exercises

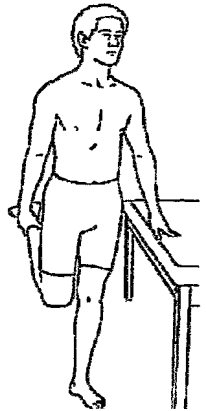
1. Stretching: Tensor:

Cross uninjured leg over the injured leg, then lean away from the injured side. Hold 30 seconds. Repeat 3 times per set. Do 3 sets per session. Do 2 sessions per day.



2. Stretching; Quadriceps (Standing):

Full heel toward buttock until stretch is felt in front of thigh. Hold 30 seconds. Repeat 3 times per set. Do 3 sets per session. Do 2 sessions per day.



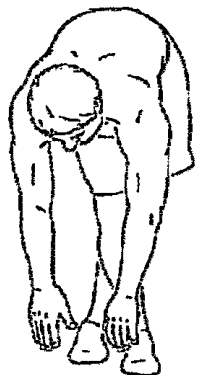
3. Stretching: Piriformis (Supine)

Pull knee toward opposite shoulder. Hold 30 seconds. Relax. Repeat 3 times per set. Do 3 sets per session. Do 2 sessions per day.



4. Stretching: Iliotibial Band

Cross injured leg behind other leg. Bend at waist, reaching towards floor. Hold 30 seconds. Relax. Repeat 3 times per set. Do 3 sets per session. Do 1 sessions per day.



5. Stretching: Hamstring (Supine)

Supporting thigh behind knee, slowly straighten knee until stretch is felt in back of thigh. Hold 30 seconds. Repeat 3 times per set. Do 2 sessions per day.

