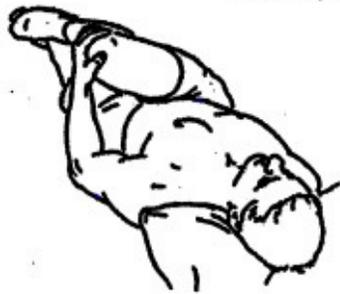


AT-HOME EXERCISES

IT BAND EXERCISES



Stretching: Piriformis (Supine)

Pull right knee forward to opposite shoulder, hold for 10 seconds.

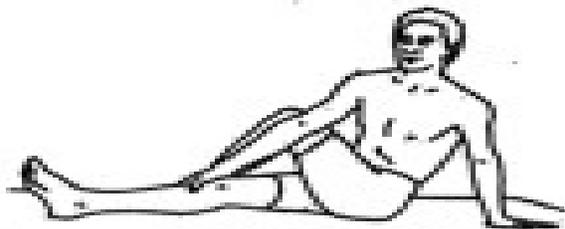
- Relax. Repeat 2 times per set.
- Do 2 sets per session.
- Do 2-3 times per day.



Stretching: Iliotibial Band

Cross left leg behind other leg. Bend at waist reaching toward floor.

- Hold 10 seconds. Relax.
- Repeat 2 times per set.
- Do 2 sets per session.
- Do 2-3 times per day.



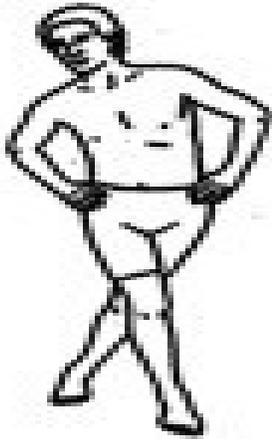
Stretching: Piriformis

Cross right leg over other thigh and place elbow over outside of knee.

- Gently stretch buttock muscles by pushing bent knee across body.
- Hold for 10 seconds. Repeat 2 times per set.
- Do 2 sets per session.
- Do 2-3 sessions per day.

AT-HOME EXERCISES

IT BAND EXERCISES



Stretching: Tensor

Cross right leg over the other, then lean to same side until stretch is felt on other hip.

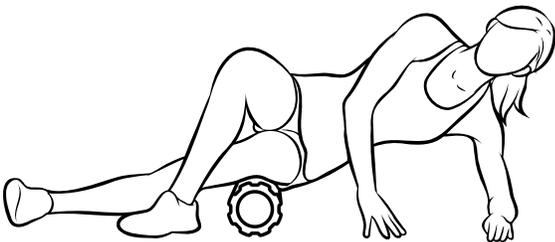
- Hold for 10 seconds.
- Repeat 2 times per set.
- Do 2 sets per session.
- Do 2-3 times per day.



Stretching: Piriformis (Supine)

Cross legs, right on top. Gently pull other knee toward chest until stretch is felt in buttock/ hip of top leg.

- Hold for 10 seconds.
- Repeat 2 times per set.
- Do 2 sets per session.
- Do 2-3 times per day.



Greater Trochanteric Bursitis

Iliotibial Band Syndrome

- Foam Roller
- Hip Abductor Strengthen