



## IT Band Stretching and Strengthening

View videos at [www.HEP.video](http://www.HEP.video)

### ELASTIC BAND - SIDELYING CLAM SHELL - CLAM SHELL



While lying on your side with your knees bent and an elastic band wrapped around your knees, draw up the top knee while keeping contact of your feet together as shown. Do not let your pelvis roll back during the lifting movement.



- Repeat** 10 Times
- Hold** 2 Seconds
- Complete** 3 Sets
- Perform** 3 Time(s) a Week
- Video ID:** AXMF43U

### HIP ABDUCTION - SUPINE

While lying on your back, slowly bring your leg out to the side. Keep your knee straight the entire time.



- Repeat** 10 Times
- Hold** 2 Seconds
- Complete** 3 Sets
- Perform** 3 Time(s) a Week
- Video ID:** VW9DCCW

### HIP ABDUCTION - SIDELYING

While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time. Keep your leg in-line with your body. The bottom leg can be bent to stabilize your body.



- Repeat** 10 Times
- Hold** 2 Seconds
- Complete** 3 Sets
- Perform** 3 Time(s) a Week
- Video ID:** 4R4FB65



### ILIOTIBIAL BAND STRETCH WITH BELT - ITB

Loop a belt around your foot. While lying on your back and leg up in front of you and knee straight, bring your leg across midline for a gentle stretch felt along your outer thigh.

<b>Repeat</b>	3 Times
<b>Hold</b>	30 Seconds
<b>Complete</b>	1 Set
<b>Perform</b>	1 Time(s) a Day
<b>Video ID:</b>	XUC7BYH



### SIDELYING - STRETCH - ILIOTIBIAL BAND - ITB

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.

BE SURE TO STABILIZE BY HOLDING ON TO SOMETHING THAT WILL NOT MOVE.

<b>Repeat</b>	4 Times
<b>Hold</b>	15 Seconds
<b>Complete</b>	1 Set
<b>Perform</b>	1 Time(s) a Day
<b>Video ID:</b>	LHU84LJ