

## Iliotibial Band Friction Syndrome Stretching Exercises

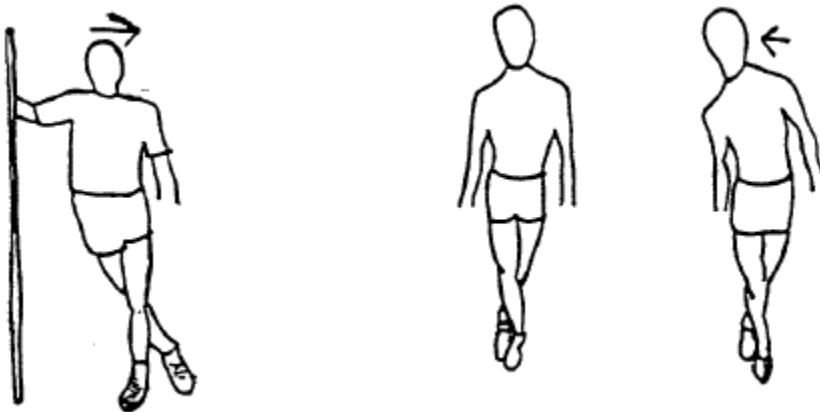
### TABLE HANG STRETCH

- Lie on your side with the uninvolved thigh on the table and your back a few inches from the table edge. While keeping your involved leg straight, extend the leg at the hip so that it hangs over the table edge. Let gravity pull the involved leg to the floor. Hold \_\_\_\_\_ seconds. Repeat \_\_\_\_\_ times.



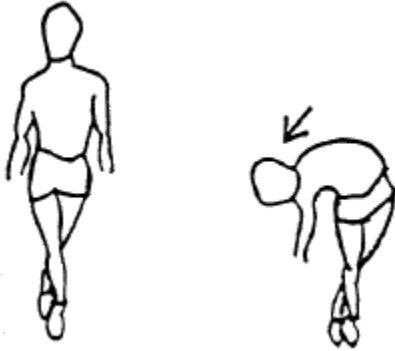
### LEAN AWAY OR WALL STRETCH

- Stand with both legs completely straight. Place the involved leg just behind the uninvolved leg and cross it as far as possible behind the uninvolved leg. Lean or push away from the involved leg as far as possible. Hold \_\_\_\_\_ seconds. Repeat \_\_\_\_\_ times.



### LEAN AWAY WITH TRUNK FLEXION STRETCH

- Stand with both legs completely straight. Place the involved leg just behind the uninvolved leg so that the involved knee is directly behind the uninvolved knee. Lean away from the involved leg as you bend forward as far as possible. Hold



### SIDELYING PRESS-UP STRETCH

- Lie on the involved leg with your knees and hips in a straight line with the trunk. Press up with your arm directly under your shoulder, supporting your trunk with your extended arm. Hold \_\_\_\_\_ seconds. Repeat \_\_\_\_\_ times.



### SITTING WITH TRUNK ROTATION STRETCH

- Sit with your involved leg bent and crossed over the top of your uninvolved leg. Rotate your trunk towards your involved leg. Place your elbow on the outside of your involved leg. Gently push your involved leg away as far as possible using your elbow. Hold \_\_\_\_\_ seconds. Repeat \_\_\_\_\_ times.

