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Notes:

1. adduction



- On all fours place one knee over the midline and on the opposite side of the other knee.
- Slowly lean back and towards the side to feel a stretch.
- Return and repeat.

Frequency: 2 x / day Hold: 30 sec.

2. Foam Roll ITB



- Place your foam roller on the floor take a side plank position with the outside of one hip over the foam roller and the other leg in front for support.
- Roll the entire outside of the leg from the pelvis to the knee in an up and down motion.
- Maintain abs tight and proper low back posture during the exercise.

Frequency: 2 x / day Hold: 30 sec.

3. Stretching ITB



- Stand next to wall with involved leg toward wall.
- Cross over the uninvolved leg in front and lean hip towards the wall as you bend the front knee until you feel a stretch on the side of your thigh and buttocks.
- Maintain the position and relax.

Frequency: 2 x / day Hold: 30 sec.

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4. Stretching ITB / Piriformis



Frequency: 2 x / day Hold: 30 sec.

- Sit with straight back and cross one leg over the other.
- Hold your knee with the opposite arm and pull your knee across your chest towards the opposite shoulder until you feel a stretch on the outside leg and/or buttock.
- Maintain the position and relax.

5. Stretching Quad/BIT



Frequency: 2 x / day Hold: 30 sec.

- Lie on side and grab the top ankle with one hand to pull foot towards buttock keeping lower back neutral.
- Place the bottom foot on the knee of the top leg pulling the knee down until you feel a gentle stretch on the lateral side and the front of the elevated leg.
- Hold the stretch and return to initial position.