

ITB Syndrome Exercises Handout

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1. Clamshells - Lie on your side with your feet together and knees bent. While keeping your feet together, slowly raise the top knee without moving your pelvis. Perform 15 repetitions for 2-3 sets. Repeat on the other side. To increase resistance, use a resistance band.
2. Side lying hip abduction - Lie on your side with your legs stacked and straight. Extend your bottom arm for support, and rest your head on it. Keeping your top leg straight, slowly lift it upwards while keeping your bottom leg flat on the floor. Perform 15 repetitions for 2-3 sets on each side.
3. Gluteal stretch - Lie on your back with your knees bent and feet on the floor. Place one ankle on the opposite thigh (e.g., left ankle on right thigh). Pull the knee towards the opposite shoulder. Hold a gentle stretch for 30 seconds and repeat twice. Switch sides and repeat.
4. Hip flexor stretch - Standing: Stand with one foot flat on a chair and the other leg behind you. Tighten your buttocks to push your hips forward until you feel a stretch in the front of your hip. Hold for 30 seconds and repeat twice. Thomas position: Sit at the edge of a bed holding one knee to your chest. Lie back and let the other leg hang off the bed, pressing the heel down to feel a stretch in the front of your hip. Hold for 30 seconds and repeat twice.
5. Single leg stance - Stand with your feet flat in a corner or in front of a stable surface like a sink. Place your hands on your hips, keep your legs straight, your hips level, and your trunk upright. Balance on one leg for 30 seconds. Practice balancing for a total of 2 minutes.
6. Standing quad stretch - Stand on one leg while holding onto a stable surface like a wall or chair for support. Bend the opposite knee, bringing your heel towards your buttocks, and grasp your ankle with your hand. Gently pull your ankle closer to your buttocks until you feel a stretch along the front of your thigh. Hold this position for 30 seconds and then switch to the other leg. Repeat twice for each leg.
7. Standing hip motions - Stand on one leg and perform the following motions. You can start without a band, then proceed to using a band: Flexion: Move the leg forward. Abduction: Move the leg to the side. Extension: Move the leg backward. Perform 10 repetitions in each direction for 2 sets. Repeat on the other leg.
8. Windmill - Stand on one leg with the knee bent slightly. Bend your trunk forward and extend the opposite leg backward while touching an object on the floor with your hand. Repeat this movement 10 times for 2 sets.