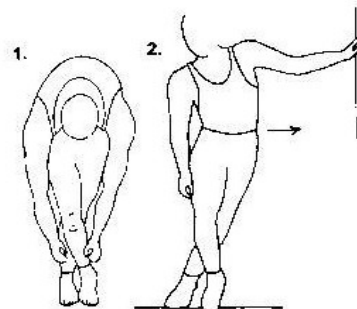


Iliotibial Band Syndrome Rehabilitation Exercises

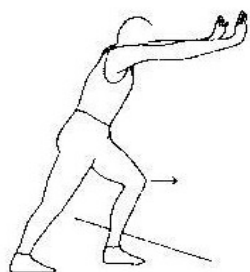
You may do stretching exercises 1 through 5 and strengthening exercises 6 through 10 right away.

1. Iliotibial band stretch (standing): Cross your uninjured leg over your injured leg and bend down to touch your toes. Hold this position for 30 seconds. Come up to the starting position. Repeat 3 times.

2. Iliotibial band stretch (side-leaning): Stand sideways to a wall, your injured leg toward the inside. Place the hand nearest the wall on the wall for support. Cross your uninjured leg over the injured leg, keeping the foot of the injured leg stable. Lean into the wall. Hold the stretch for 10 seconds and repeat. Do 2 sets of 10.



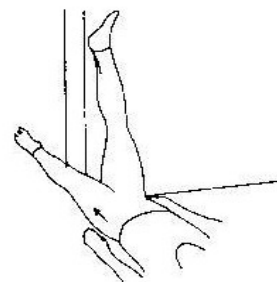
Iliotibial band stretches



Standing calf stretch

3. Standing calf stretch: Face a wall and put your hands against the wall at about eye level. Keep your injured leg back, your uninjured leg forward, and the heel of your injured leg on the floor. Turn the foot on your injured leg slightly inward (as if you were pigeon-toed) as you slowly lean into the wall until you feel a stretch in the back of your calf. Hold for 30 seconds. Do this several times a day.

4. Hamstring stretch: Lie on your back with your buttocks close to a doorway and extend your legs straight out in front of you. Raise your injured leg and rest it against the wall next to the door frame. Hold this position for 30 to 60 seconds, feeling a stretch in the back of your thigh. Repeat 3 times.



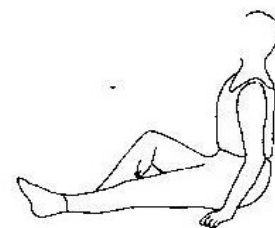
Hamstring stretch



Quadriceps stretch

5. Quadriceps stretch: Stand sideways to a wall, about an arm's length away from the wall, your injured leg toward the outside. Facing straight ahead, keep the hand nearest the wall against the wall for support. With your other hand, grasp the ankle of your injured leg and pull your heel up toward your buttocks. Don't arch or twist your back. Hold this position for 30 seconds. Repeat 3 times.

6. Vastus medialis oblique quadricep sets: Sit on the floor with your injured leg straight in front of you. Press the back of your knee down while tightening the muscles on the top of your thigh. Concentrate on tightening the muscles on the inner side of your kneecap. Hold this position for 5 seconds. Repeat 20 times.

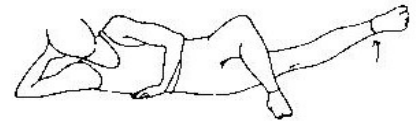


Oblique quadricep sets

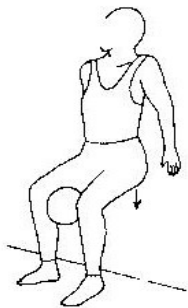
Iliotibial Band Syndrome Rehabilitation Exercises

7. Straight leg raise: Sit on the floor with the injured leg straight and the other leg bent, foot flat on the floor. Pull the toes of your injured leg toward you as far as you can, while pressing the back of your knee down and tightening the muscles on the top of your thigh. Raise your leg 6 to 8 inches off the floor and hold for 5 seconds. Slowly lower it back to the floor. Repeat this 20 times.

8. Hip adduction, sidelying: Lie on your injured side with your top leg bent and that foot placed in front of the injured leg, which should be kept straight. Raise your injured leg as far as you can comfortably and hold it for 5 seconds. Keep your hips still while you are lifting your leg. Hold this position for 5 seconds and then slowly lower your leg. Repeat 20 times.



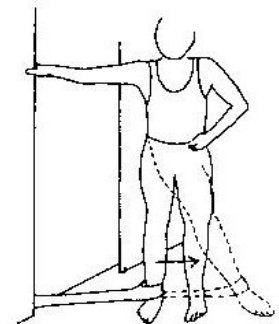
Hip adduction, sidelying



Wall squat with a ball

9. Wall squat with a ball: Stand with your back, shoulders, and head against a wall and look straight ahead. Keep your shoulders relaxed and your feet 1 foot away from the wall and a shoulder's width apart. Place a rolled up pillow or a Nerf ball between your thighs. Keeping your head against the wall, slowly squat while squeezing the pillow or ball at the same time. Squat down until you are almost in a sitting position. Your thighs will not yet be parallel to the floor. Hold this position for 10 seconds. Slowly stand back up. Make sure you keep squeezing the pillow or ball throughout this exercise. Repeat 20 times.

10. Hip adduction with Thera-Band: Stand sideways with your injured leg toward a door. Loop the tubing around the ankle of your injured leg. Anchor the other end of the tubing by tying a knot in the tubing, slipping it between the door and the frame about 8 to 10 inches above the floor, and closing the door. Keeping your injured knee straight, bring your injured leg across your body. Return to the starting position. Repeat 20 times.



Hip adduction with Thera-Band