



WESTWOOD MASSAGE

ILIOTIBIAL (IT) BAND EXERCISES

Outer Hip Stretch



- Lay on the floor on your back
- Cross the right foot over the left knee, keeping the right knee bent
- Use your left hand to pull the right knee across your body
- Hold for between 10 and 30 seconds

Muscles Stretched - Gluteus Medius, Gluteus Minimus, Tensor Fasciae Latae

Related Injuries - Trigger points in the gluteal muscles , Piriformis syndrome , Iliotibial Band Syndrome

Standing Outer Hip Stretch



- Stand side on to a wall with the leg to be stretched crossed behind the other
- Balance yourself using one hand on the wall
- Push your hips away from the wall, keeping the knees straight
- Hold for between 10 and 30 seconds

Variations

- Perform leaning forwards, using the wall or a table for support
- Take the leg being stretched as far across your body as possible
- Push the hips away

Muscles Stretched - Tensor Fasciae Latae, Iliotibial Band, Sartorius

Related Injuries - Iliotibial Band Syndrome (Runners knee)

Wall Sit



- Stand with your back up against a wall
- Your feet should be shoulder width apart and toes pointing straight forwards
- Take your feet approximately 1-2 feet away from the wall
- Bend your knees and slide your back down the wall
- Do not let your knees move in front of your toes
- Do not squat deeper than a 90 degree (right angle) at the knee
- Start with shallow squats and increase gradually
- Hold for up to one minute
- Return to the starting position

Variations & progressions

- Use a dumbbell in each hand to add weight

Muscles worked -

- | | |
|-------------------|----------------------|
| • Gluteus medius | • Vastus intermedius |
| • Gluteus minimus | • Vastus lateralis |
| • Rectus femoris | • Iliopsoas |
| • Vastus medialis | • Gluteus maximus |

Related injuries

- Iliotibial band friction syndrome
- Patellofemoral pain syndrome

