

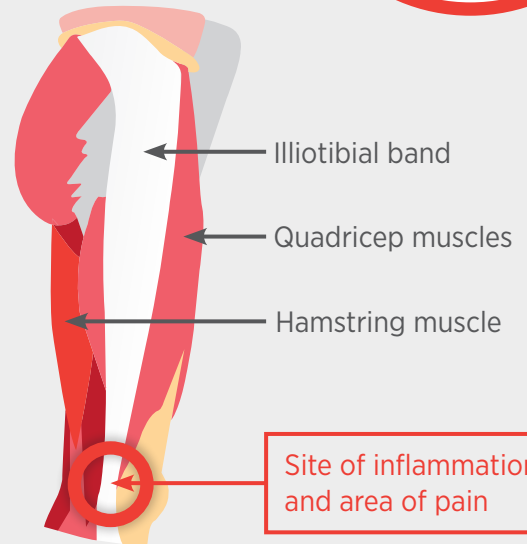
4 STRETCHES

FOR TIGHTNESS IN YOUR IT BAND



What is an IT band?

The IT band is a type of connective tissue called fascia, which connects to your upper hip, pelvis and butt muscle and extends down the outer thigh providing support for the thigh muscles. It connects to the outer portion of the knee and, in conjunction with the upper hip and butt muscle, is important to the support and movement of your leg. Above where the IT band connects to your knee, excessive running or improper alignment can cause friction with tissue in the area, which causes IT band syndrome and pain in the knee. Issues with the IT band are mainly because of weakness and tightness in the muscles that it surrounds and is attached to.



Stretches and exercises to ease discomfort

Stretching your hip and butt muscles can help reduce strain in your IT band. Using the below foam rolling technique also provides increased blood flow and circulation to the area, allowing it to heal faster.

STANDING WALL STRETCH



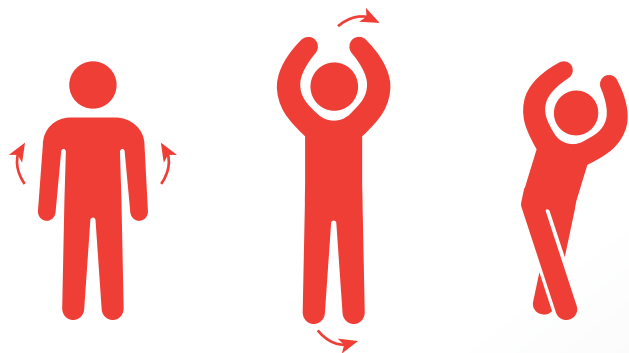
1. Stand arms-length away from wall with your left side facing the wall.
2. Keep your left foot straight and still while crossing your right leg in front of your left leg and leaning towards the wall, resting on your forearm and elbow.
3. Dip your inner hip towards the wall to create a stretching sensation in your outer hip. Hold for 30 seconds.
4. Repeat stretch on other side.

SITTING STRETCH



1. Sit on floor with your legs straight out to the front.
2. Bring your left leg over your right leg, touching your left foot to the outer part of your right knee so your left knee is bent.
3. Hold your bent left knee and pull it towards your right shoulder to stretch your outer thigh. Hold this position for 30 seconds. You should feel a stretching sensation in your outer left hip.
4. Repeat stretch on other side.

BALLERINA STRETCH



1. Stand comfortably with your feet together.
2. Bring your hands over your head.
3. Cross your right leg over your left leg.
4. Straighten your right leg and hold firmly on the floor.
5. Bend your upper body towards the left until you feel a small stretch in your right side and hip. Hold this position for 30 seconds.
6. Repeat stretch on other side.

FOAM ROLLER



1. Lay on your side and hold yourself up on your elbow and forearm.
2. Place a foam roller under your hip.
3. Roll the foam roller back and forth from your hip to your knee.
4. Repeat on other side.

Besides these stretches, specialized taping of your leg can provide additional support for your IT band.

TIP

Knee pain techniques

If you are experiencing outer knee pain from IT band syndrome, you can provide relief to the area and improve healing by massaging, foam rolling and icing your knee. Switching up your exercise routine to include swimming, biking and the elliptical also can reduce your chance for getting IT band syndrome.

Talk to your provider if you have concerns about IT band discomfort.

