

Iliotibial (IT) Band Stretching Exercises

Right IT Band Stretch

- Cross your left leg over your right leg. While standing on your right leg, lean your torso and upper body to the left. The goal is to lean away from the hip and IT band that you are stretching.
- Place your right hand overhead and your left hand on your waist. Stand up straight (e.g. do not bend forward during the stretch) to maximize the effectiveness of the stretch.
- Hold for 10 seconds and then return to a neutral standing position.
- **Repeat the stretch on the Left side.**
- Perform this stretching exercise 3 times on both the Left and Right sides several times per day (10-20 times is ideal).
- **Consistency and Persistence** are the keys to success. It is important that you perform the exercises several times daily for an extended period of time as it may take several weeks before noticeable improvement is achieved.

