



## Personal exercise program

### ITB stretches

New Forest Physiotherapy Southampton  
Gang Warily Recreation Centre, Fawley SO45 1GA  
Unit 311 Solent Business Centre, Southampton SO15 0HW  
www.newforestphysio.co.uk, T: 023 8008 9120

Provided by Rosy Challis  
Provided for  
Training start date 1/14/2016

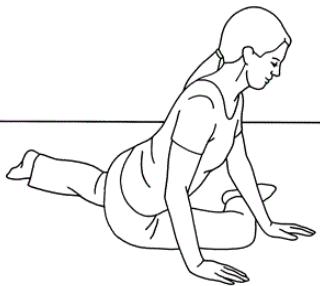


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Stand with your legs crossed and holding on to a support.

Keeping your body, knees and feet straight forward slide your front leg backwards until you can feel the stretching on the outside of your hips and thighs. Hold approx. 20 secs. - relax. Repeat with the other leg in the front.

Repeat 5 times.



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Sit on the floor. Bring one leg in front of you and bend your knee 45 degrees. Straighten your other leg behind you.

Turn your body towards the bent leg and lean your body gently forward. Feel the stretch in your buttock.

Hold 30 seconds.

Repeat 10 times.

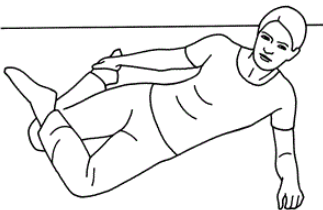


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Sit on a chair with one foot on the floor. Lift your other foot onto your opposite thigh.

Gently lean forward. Feel the stretch in your buttock.

Repeat 10 times.



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Lie on your side with your knees bent.

Hold the top ankle and straighten the hip. Place the bottom foot on the top thigh pushing it down. Keep your stomach muscles and buttocks tight.

Hold 30 seconds.

Repeat 10 times.



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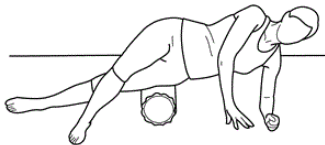
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#### Self-myofascial ITB release - Pro Foam Roller with Wrap



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Begin in a side-lying position across the Roller with bottom elbow, forearm and top hand & foot all planted firmly on the ground. Gently roll body weight back and forth across the Roller - following the path of the muscle and tissue being massaged. While pushing and stabilizing with top hand and foot, pull with bottom elbow and forearm to roll and release the length of the IT Band. Make sure to keep abdominal muscles tight and body in straight alignment. Control the pressure through controlling the amount of weight on the Roller.

Sets 10  
Min 5

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