

STRIDE STRONG

IT BAND PROTOCOL



Exercise 1: Side Lying Quadricep Stretch

Sets: 1 | Reps: 3 | Time: 30sec | Rest: - | Freq: Daily

Start: Begin lying on side. Grasp ankle, or foot, and flex leg at knee. Keep knees side by side not allowing bent knee to move forward of opposite side.

Movement : Gently pull foot toward buttock, while extending leg back until gentle stretch is felt in front of leg. Hold for 20-30 seconds. Perform on opposite side. Repeat for prescribed repetitions and sets.



Exercise 2: Ilio-Tibial Band (ITB) Stretch

Sets: 1 | Reps: 3 | Time: 30sec | Rest: - | Freq: Daily

Start: Begin standing next to wall or sturdy chair without wheels. Side to be stretched should be closest to wall/chair. Place hand on wall for stability and support. Leg closest to wall/chair crosses behind opposite leg.

Movement : Gently lean hips toward wall until stretch is felt in the outside hip region. Hold for 20- 30 seconds or for prescribed duration. Repeat for prescribed repetitions. Alternate sides as directed.



Exercise 3: Hip Raises on Step

Sets: 3 | Reps: 10 | Time: - | Rest: 30sec | Freq: Daily

Start: Begin standing on a step with one foot off below step level.

Movement : Activate core muscles. Lift foot straight up by elevating hip. Do not twist or rotate hips forward or back. Slowly lower hip and foot down to starting position below step level. Repeat for prescribed repetitions and sets.



Exercise 4: Side Lying Leg Lift

Sets: 3 | Reps: 10 | Time: - | Rest: 30sec | Freq: Daily

Start: Begin lying on side on the floor with legs extended. Top leg should attain as straight line through hip and shoulder. Bottom leg may be bent for added stability.

Movement : Activate core muscles. Lift top leg upward abducting legs. Slowly return to startposition and repeat for prescribed repetitions and sets.



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Exercise 5: Clam Shell

Sets: 3 | Reps: 10 | Time: - | Rest: 30sec | Freq: 3x/wk

Start: Begin lying on side with knees together and bent to approximately 90 degrees. Support head with your hand or with pillow.

Movement : Activate core. Lift knee upward while keeping soles of shoes touching. Continue lifting knee to the point just before pelvis begins to move. Keeping core activated is essential to isolating hip muscles and not moving pelvis. Repeat for prescribed sets and reps.



Exercise 6: Hip Bridge

Sets: 3 | Reps: 10 | Time: - | Rest: 30sec | Freq: 3x/wk

Start: Begin lying on floor, facing up. Bend knees so feet are firmly on floor with arms extended to sides.

Movement : Activate core muscles. Lift hips off floor to attain a bridge position with knees, hips, and shoulders in alignment. Slowly return to start position. Repeat for prescribed repetitions and sets. Initially, you may develop some cramping in the back of your thigh. A simple hamstring stretch, before and after, may prevent this from occurring.



Exercise 7: Modified Side Plank

Sets: 3 | Reps: 10 | Time: - | Rest: 30sec | Freq: 3x/wk

Start: Begin on your side with knees bent. Place support forearm directly under shoulder.

Movement : Activate core muscles. Lift hips off floor and attain a straight, rigid position from thighs through your upper body. Once in this position, there should be no movement. Maintain core contraction. Hold for recommended duration. Repeat for prescribed repetitions and sets. Perform on opposite side.



Exercise 8: Prone Plank

Sets: 3 | Reps: 10 | Time: - | Rest: 30sec | Freq: 3x/wk

Start: Begin face down with forearms, knees and toes touching floor. Bend knees to 90 degrees.

Movement : Activate core muscles. Lift knees off floor so that forearms and knees are supporting body weight. Maintain a straight plank like position from knees through shoulders. Maintain core contraction. There should be no movement once this positions is attained. Hold for recommended duration. Repeat for prescribed repetitions and sets.

