

1



**STANDING ILIOTIBIAL BAND STRETCH SUPPORTED - ITB**

In a standing position, cross the affected leg behind your unaffected leg.

Next, lean forward and towards the unaffected side while using your arm for balance support.

5



**Clam Shells with theraband**

Lying on your side with elastic band around both knees.

With control lift the knee towards the ceiling while keeping the feet together and slowly return the knees to the starting position.

2

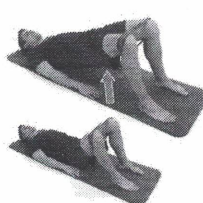


**FOAM ROLL - ILIOTIBIAL BAND - ITB**

Start on your side with a foam roll under your bottom thigh.

Next, using your arms and unaffected leg, roll up and down the foam roll along your lateral thigh.

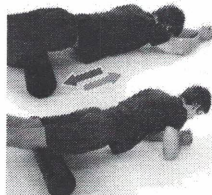
6



**BRIDGING ELASTIC BAND ABDUCTION**

While lying on your back, place an elastic band around your knees and pull your knees apart. Hold this and then tighten your lower abdominals, squeeze your buttocks and raise your buttocks off the floor/bed as creating a "Bridge" with your body.

3



**FOAM ROLL - QUADRICEPS**

Start by lying face down so that a foam roll is under the top of your thighs.

Next, using your arms propped on your elbows, roll forward and back across this area.

7

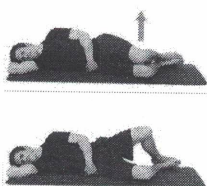


**VMO Body Squat**

Turn your feet out approximately 30 degrees.

Keep the shoulders over the knees and knees over the toes.

4



**CLAM SHELLS**

While lying on your side with your knees bent, draw up the top knee while keeping contact of your feet together.

Do not let your pelvis roll back during the lifting movement.