

1) Basic ITB Stretch



Starting Position: Stand upright and cross your right leg behind your left.

Action: Lean slightly forwards and to your left side until you feel a stretch on the outside of your right leg. Lean on a chair/wall if needed. Hold for 30 secs

Repetition: Repeat 3 times, 2x daily, or before and after exercise

Progression: Place your hands on your head whilst doing this to increase the stretch

2) Wall ITB Stretch



Starting Position: Start as with the first exercise but cross your right leg further over behind you to the left. Place your hands on your head or lean on a wall for support ensuring your hands are above your head as this increases the stretch.

Action: Lean to the left whilst gently gliding your hips to the right until you feel a stretch. Hold for 30 secs.

Repetition: Repeat 3 times, 2x daily, or before and after exercise

Notes: People often find that they feel more balanced and in control by using the wall for balance

3) Side Lying ITB Stretch



Starting Position: Lie on your left side at the edge of a bed/table with your bottom knee bent

Action: Move your top (right) leg backwards so it hangs down over the edge of the bed. Gradually try and let the right leg drop down more to increase the stretch. Hold for 30 secs