

ILLIOTIBIAL (IT) BAND SYNDROME - RUNNERS KNEE

FOAM ROLL



DESCRIPTION

Lay on your affected side with foam roll at the level of your hips. Using your arms and non-affected leg roll your affected leg up the foam roll. Return to starting position and repeat.



PERFORM 3 SETS OF 10 REPS

PERFORM 2-3 TIMES DAILY

IT BAND STRETCH



DESCRIPTION

Kneeling on all fours cross your unaffected leg in front of your affected leg (try to get your leg parallel to your shoulders). Lean backwards and sit towards the ground until a comfortable stretch is felt in the outside of your affected leg.

HOLD FOR 20 SECONDS

REPEAT 3 TIMES

PERFORM 2-3 TIMES DAILY