

Iliotibial (IT) Band Stretch



Reps:

Sets:

Duration:

Instructions:

1. Bring left leg up as high as possible, keeping knee locked and foot flexed
2. Slowly let your leg and hip roll to the right and bring your ankle toward the floor
3. Turn your head the opposite direction, keeping upper body relaxed.
4. Hold for 1 minute
5. Repeat on the opposite side

Position: Laying supine on your back with legs flat on the ground and arms relaxed at 45 degree angle with palms up and feet flexed back.

Purpose: Opens hip, glutes, IT band, spinal rotation (lumbar, thoracic and cervical)