



FOAM ROLLER MASSAGE: ITB

In side-lying, place a foam roller under your ITB. Roll back and forth over the foam roller concentrating on the tight, tender areas.

SETS & REPS: 2-3mins

FREQUENCY: Daily



HIP INTERNAL ROTATION STRETCH

Lie on your back with your arms out to the side, one leg bent to 90° and foot flat on the floor. Cross your opposite ankle over your bent knee and slowly rotate your thigh down, lowering your knee towards the floor. Apply gentle overpressure until you feel a stretch in your hip. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 2-3 x day



LUMBAR ROTATION STRETCH

Lying on your back, bend one hip and knee to 90° and rotate your hips as far as you can to one side. Use your hand to pull your knee towards the floor and hold. Ensure your opposite shoulder does not lift off the floor.

SETS & REPS: 30sec hold

FREQUENCY: 2-3 x day



LUMBAR ROTATION STRETCH

Sit on the floor with one leg straight. Bend your other leg over the straight leg. Use your arm against the bent leg to rotate your trunk towards that side as far as you are able. Hold for 30 seconds. Relax and repeat.

SETS & REPS: 30sec hold

FREQUENCY: 2-3 x day

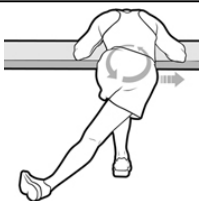


ITB STRETCH

In a sitting position with bent knees while supporting yourself with your arms, cross one leg over your opposite knee and pull towards the midline of your body until you feel a stretch. To further increase this stretch lie flat on your back. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 2-3 x day



ITB STRETCH

Lean forward over a table with one leg out straight and crossed behind your other leg as far as you can. Tilt your pelvis up on the side being stretched as you shift your hips to the same side. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 2-3 x day



ITB STRETCH

Stand side on to wall resting against arm and cross the leg closest to wall behind the other leg and away from the wall. Bend your front knee slightly. Keeping the back leg straight, lean your hip towards the wall and your upper body away from the wall until you feel a stretch in the hip closest to the wall. Hold for 30 seconds.

SETS & REPS: 30sec hold

FREQUENCY: 2-3 x day



ITB STRETCH

Stand with one leg crossed behind the other with your knee straight. Raise your straight arm above your head and shift your hips to the side while bending your trunk to the opposite side. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 2-3 x day