

## Standing Iliotibial Band Stretch

- Stand with full weight on the right lower extremity and cross the left lower extremity in front of the right to use for balance.
- Lean to the left until you feel tension over the right hip, using your left upper extremity for balance.
- Hold this stretch for 10 seconds.
- Turn around and place your full weight on the left lower extremity and lean to the right to stretch the right hip. Alternate between right and left sides every 10 seconds until you have done this exercise for a total of 10 minutes.
- This exercise should be performed twice a day for maximum effectiveness.



### Recap:

Alternate stretching each side every 10 seconds, for a total of 10 mins, twice per day.