

Notes :

These exercises were designed as a place to start to address your symptoms. These exercises should not be performed or continued if they cause or increase your pain in any way. Using these exercises for self management of your symptoms does not replace the value of being assessed by a Health Professional.

1 Foam rolling IT band



Place your foam roller on the floor. Take a side position with the outside of the thigh over the foam roller and your other leg in front for support.

Roll from your hip to your knee, stopping at the tender spots. 2-3 minutes per side.

2-3 times a week or after exercise.



2 Massage stick: outer thigh



Sit down on a chair. Use the massage stick to roll out tissues of the outside of the thigh, keeping your knee bent. Spend more times on areas that are tender/tight/knotted but avoid modify the pressure on the areas that are tender.

1-2 mins per area, 2-3 days a week or after exercise.



3 Hip abduction



Lay on your side with your head supported and lower leg bent.

Lift the top leg up to about 30°, keeping the foot parallel to the ground and the thigh aligned with the body (do not move it forward as you lift). Pause for 2-3 seconds and then lower slowly.

Do 8-12reps, working up to 3 sets, 3 days a week.

4 Squat with mini-band



Stand with your feet facing forward at hips width.

Tie elastic around your knees, just above them. The band should be taut when you feet are hip distance apart.

Lower your body to a squat position by pushing your hips backward, bending your knees while keeping your back neutral.

Squeeze your buttocks to resist the pull of the band and keep the your knee caps aligned with the center of your feet (2nd toes). Do not let the band pull your knees inward.

Return to the standing position and repeat.

Hold for 15-20 sec, keeping the focus on your glutes.

Do 8-12reps, working up to 3 sets, 3 days a week.