



Bloomsbury Osteopathy

Knee and Leg Exercises

Iliotibial Band, Tensor fascia lata and Rib Stretches

CORM01

Function:

To lengthen and soften the thick fibrous band of connective tissue that runs from the outside of the hip to the outside of the knee. It also stretches side muscles of the spine, the ribs, the latissimus dorsi muscle, and the shoulder muscles.

Method:

Starting Position:

Be standing with feet slightly apart. Raise the arm of the side to be stretched upward to the ceiling and tilt it over the opposite side. Place the other arm down and behind your back.

Action:

Slowly and in a controlled manner, push the outstretched arm over toward the opposite side. Allow the trunk to tilt sideways with the arm until a stretch is felt in the lateral torso, back and side of the leg. Hold for 30 seconds and repeat on the other side.

Notes:

If a stretch is not felt in the desired areas consult your osteopath for an alternative, stronger stretch for the iliotibial band. To intensify this stretch, drive your pelvis away from the side to which you are leaning whilst doing the stretch.

An alternative way of stretching the iliotibial band, is to lie on your side with a foam roller between your hip and the floor and gently roll over it, working from the hip towards the knee.

All exercises are available from www.Bloomsbury-Osteopathy.co.uk

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