



Bloomsbury Osteopathy

Knee and Leg Exercises

Iliotibial Band, Tensor fascia lata and Rib Stretches

CORM04

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:

Stand upright and cross one foot behind the other. The side which has the leg crossed in front; raise the arm and arch it right over your head.

Action:

Slowly tilt torso and raised arm to the side, whilst pushing the other arm behind your back until a stretch is felt on the outside of the hip/thigh being stretch. 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 and also take a massive breath.

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

© Bloomsbury Osteopathic Practice Andreas Syrimis

