



Bloomsbury Osteopathy

Hip and Leg Exercises

Iliotibial band stretch

LEGM21

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. Alternatively clasp both hands together, raise them straight and tilt them sideways.

Method:

Starting Position:

Stand upright and cross one foot behind the other. Raise one arm over your head and place the other down behind your back.

Action:

Slowly and in a controlled manner arc torso and arms, leaning directly sideways into the side of the foot which is crossed behind the other until a stretch is felt on the outside of the hip/thigh being stretch. Hold for 30 seconds and repeat on the

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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