

MIDDLEBURY COLLEGE
SPORTS MEDICINE

IT-Band

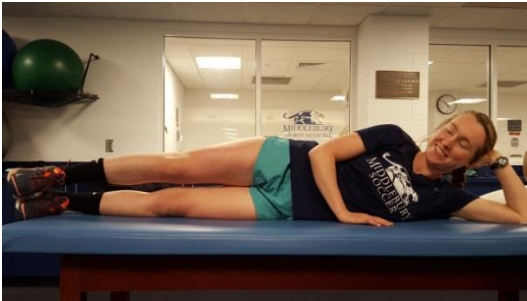
Illiotalbial Band Syndrome (ITBS) is one of the most common running injuries.

Exercises for IT Band Syndrome (ITBS)

1. If you currently have ITBS, preform these exercises every other day
2. Modify the number of reps and/or take extra time in between exercises if needed.
3. This workout can also be done weekly for injury prevention, if you don't currently have ITBS
4. Start with low or medium resistance Thera-bands and move to a stronger resistance when it becomes too easy

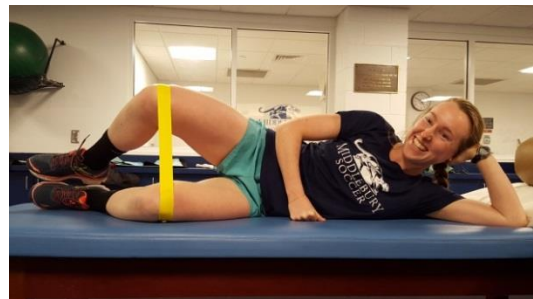
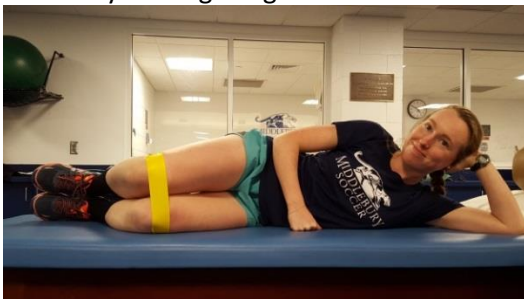
Side Leg Raise

Lie on a table or floor on you non-affected side and lift the affected leg to 45 degrees in a slow controlled movement, then lower leg back down to starting position. Make sure your pelvis remains in a neutral position, hips stacked on top of each other. Complete 3 sets of 10 repetitions. Switch and do the same exercise with the opposite side. *For more advanced version include a loop of Thera-band around your ankles for added resistance.



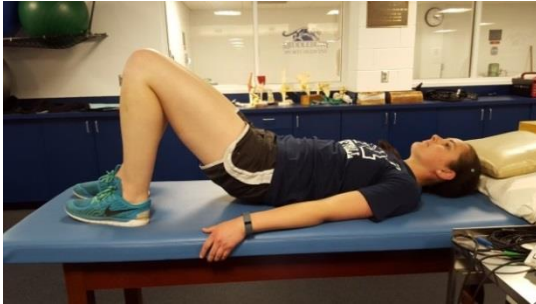
Clam Shells (add Thera-band)

Lie on a table or floor on your non-affected side with your knees and ankles together, knees bend at about 90-degrees. Open your legs by using your upper glut muscle. Make sure you keep your back straight and do not rock your pelvis, hips stay stacked on top of each other. Keep this movement slow and controlled. Complete 3 sets of 10 repetitions. Switch and do the same exercise with the opposite side. *For more advance version include a loop of Thera-band around your thighs right above the knees for added resistance.



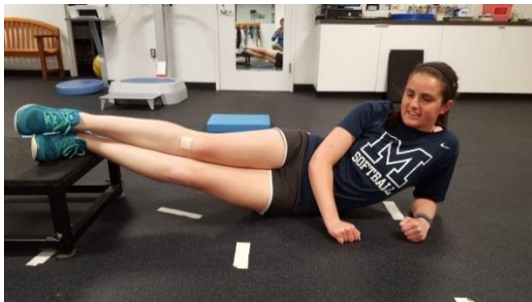
Hip Thrusts

Lie on your back, on a table or floor, with your weight on your upper back between your shoulder blades and your feet. Keep your arms at your sides or cross them over your chest. Lower your butt almost to the table or floor, do not touch, and then thrust your hips upward by using your gluts and pushing your heels down into the table. Complete 3 sets of 10 repetitions. *More advanced version is a Single Leg Hip Thrust. Lift one leg so your weight is all on just one leg and your upper back. Repeat the same movement, making sure you push your heel into the table or floor and keep your hips level.



Side Hip Bridge

Lie on a table on your side with your feet propped on an elevated surface about 1-2 feet off the ground. Push your bottom foot down and lift your torso using your hip muscles. Make sure your back is straight. Return to starting position. Complete 3 sets of 10 repetitions. Switch and do the same exercise on your other side.



Lateral Slides

With your knees slightly bent in a squat-like position, take ten steps to one side. While still facing the same direction, take another 10 steps back to your starting position. Continue to do this 10 times. *More advanced version includes a Thera-band around your ankles. Band should be tight enough to provide constant resistance during the entire movement.



Single Leg Squats

Standing on one leg, squat down so your thigh is almost parallel to the floor. Keep your spine in a straight position and the motion slow and controlled. Make sure your knee does not collapse inward while squatting. Complete 3 sets of 10 repetitions.



Hip Hike

Stand on one leg with your hips level, neutral position. Drop the opposite hip so it is several inches below the stand leg hip. Use your hip muscles and lift your hip back up to a neutral position, hips level. Complete 10-30 repetitions and then switch side.

