

Erbst OrthoSport



Foam Roller I.T. Band Release

Lie sideways on the foam roll as shown with the _____ leg down. Using your arms and opposite leg to guide the motion, roll up and down from just below the hip bone to just above the knee. If you feel spots that are particularly tight, do small oscillations over that spot, pushing down with your hands and opposite leg to “unweight” the lower leg as needed.

To increase intensity of stretch (upgrade), “stack” legs on top of one another (as in 3rd picture).

Repeat _____ minutes, _____ times per day/week. Perform exercise on opposite leg: YES NO

Erbst OrthoSport Physical Therapy
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