

Erbst OrthoSport Physical Therapy



Kneeling ITB stretch

Kneel with the RIGHT/LEFT knee on the floor and the RIGHT/LEFT leg in front of you. Posteriorly rotate your pelvis by drawing your hip bones up towards your ribs and “tucking your tail.” Do not lean back with your trunk. Grab your RIGHT/LEFT foot with your RIGHT/LEFT hand and pull your foot towards your butt. Maintain the posterior pelvic tilt and tighten/engage this same side gluteal muscles. Keep your hips square and facing forward while shifting your weight toward your front leg. Drop your back hip to the outside, and lean away from that side, as shown in picture 3. You should feel the stretch in the outside of the RIGHT/LEFT thigh. Hold for ____seconds.

Repeat _____ times per set. Perform _____ sets, _____ times per day/week.

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