

## Iliotibial Band Tendonitis

### Modified Piriformis Stretch

Cross involved leg over bent knee. Gently push knee down until a stretch is felt in the hip or buttocks. Perform 10 repetitions, holding for 5 seconds each side, 2-3 times a day.



### Gluteal Stretch

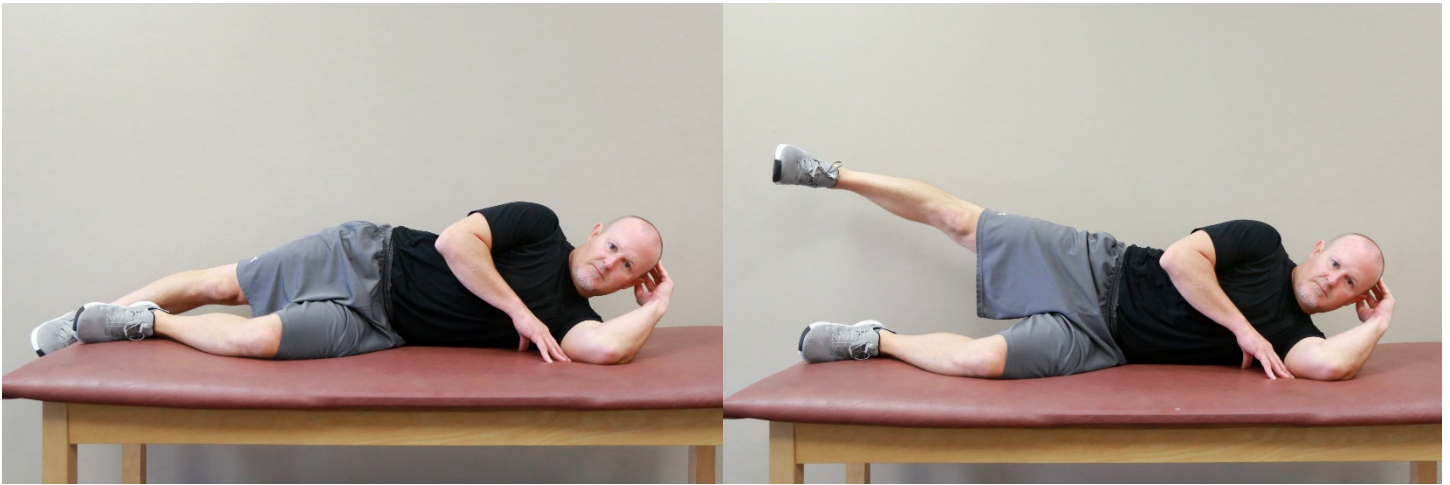
Cross involved leg over bent knee. Pull knee up and toward opposite shoulder until a stretch is felt in the hip or buttocks. Perform 10 repetitions, holding for 5 seconds each side, 2-3 times a day.



# UPSWING HEALTH

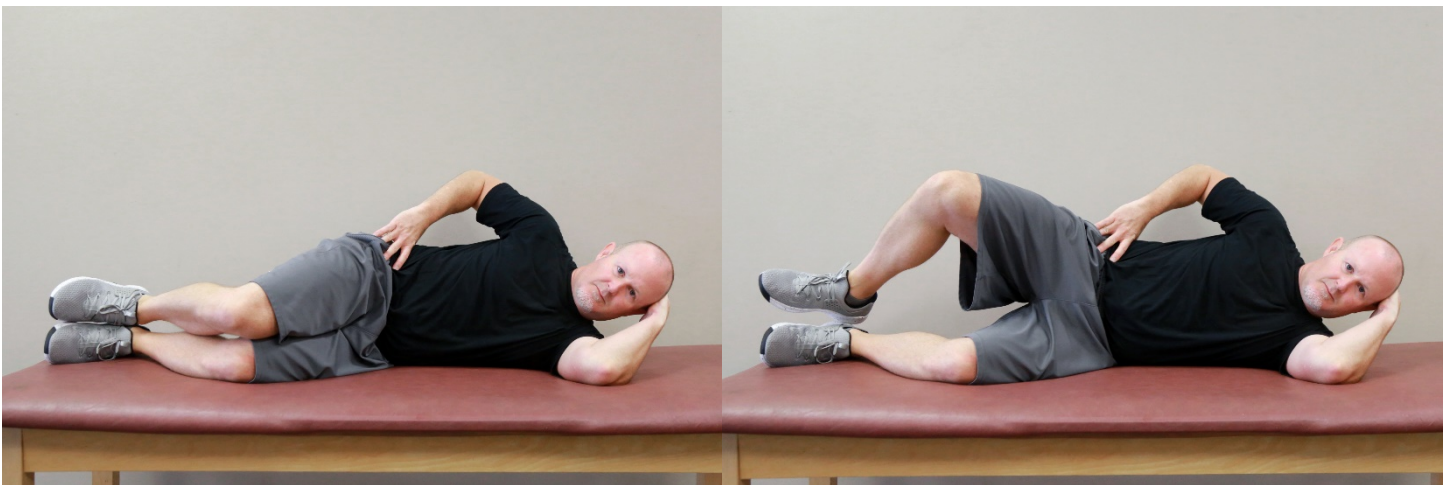
## Sidelying Hip Abduction

Lie on your uninvolved side with your bottom knee bent. Position your top leg slightly forward and keep it straight. Lift your top leg upward and keep your foot horizontal to the floor. Do not let your hips rock or shift. Perform 2-3 sets of 10 repetitions, once a day.



## Clamshell

Lie on your uninvolved side with your knees bent and your pelvis rotated slightly forward. Keep your heels together. Rotate your top leg so that your knee turns upward. Stop before your hips/pelvis rock or shift. Perform 2-3 sets of 10 repetitions, once a day.



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## Bridging

Bend your knees to a comfortable position and lift your toes off the bed/floor. Squeeze your buttocks and lift off the floor, then return. This lifted position is called a “bridge.” Perform 2-3 sets of 10 repetitions, once a day.

