

The exercises below all stretch the ITB. Please select 2 of the below where you feel the biggest stretch. You should feel the stretch down the outside of the thigh and into the hip. Hold the stretch for 30-60 seconds twice a day. Reverse the instructions to stretch the opposite side.

To stretch the left ITB: Sitting on the floor, keep your right leg straight. Bring your left foot over the right knee. Use your right elbow to push the bent knee across your body to the right whilst you twist your upper body to the left.



To stretch the right ITB: in standing, cross your left leg in front of the right. Raise your arms above your head and stretch your upper body towards the left. Push your pelvis out to the left.

To stretch the right ITB: in standing, cross your left leg in front of the right. Reach down to take your fingertips to the inside edge of your right foot.



To stretch your left ITB: Lying on your back, keep your right leg straight. Bring your left foot across to the outside of your right knee. Use the right hand to pull the knee across further. Bring your left hand to your head and turn your upper body slightly towards the right.