

# Exercise Program for IT Band Syndrome

If you have IT band syndrome, performing home exercises can help decrease pain and restore function in your knee.

There are 5 exercises in this program: Standing Iliotibial Band Stretch.  
Forward Fold with Crossed Legs.  
Side Lying Hip Abduction.  
Clamshells, and Side Stepping.

Start each exercise slowly. A little discomfort is normal, but stop any exercise that causes pain.

Now, let's get started.

To do a standing iliotibial band stretch: Hold on to the back of a chair or table for balance. Cross one leg behind the other.

Lean to the side away from your back leg until you feel a stretch at the outside of that hip.

Hold for 15 to 30 seconds, then relax.

Repeat 3 times, then switch sides

To do forward folds with crossed legs: Stand with your feet together.

Then cross one leg over the other.

Reach down until you feel a stretch in your back leg.

Hold for 15 to 30 seconds, then relax.

Repeat 3 times. Then switch sides.

To do side lying hip abduction: Lie on your side on the floor with your top leg straight and bottom knee bent.

Lift your top leg about 6 to 8 inches. Keep your top leg and hip straight. Don't roll back onto your hip.

Hold for 5 seconds, then lower your leg.

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Repeat 10 times, then switch sides.

To do clamshells: Lie on your side and bend both knees.

Keeping your feet together, lift your top knee up so your knees are separated.

Slowly lower your knee back down.

Repeat 10 times. Then switch sides.

To do side stepping: Stand with your feet hip-width apart and your toes pointing forward. Keep your knees slightly bent.

Step out to the side with one foot. Then bring your feet together by stepping with the other foot.

Take 10 steps to the same side. Then take 10 steps in the opposite direction.

Repeat 3 times.

Talk to your healthcare provider or physical therapist about these exercises and others to help restore function in your knee.