

IT Band Syndrome Exercise Cards

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Note: These exercise cards are designed to be used as a quick reference guide, helping you remember the key points discussed in the exercise training videos. **Please watch the videos before referencing these cards.**

The Clamshell

1-11

Reminders:

- Lie on your side; keep knees bent at 90 degree angle.
- Raise your top knee up as high as can without moving your pelvis.
- Pause at top (peak) for a second, then lower knee back down to starting position.
- Remember to keep your feet together during the movement.
- Don't lean back; keep your bottom leg still.
- The movement is slow and controlled. Don't rush it.

Sets and Repetitions:

- 2 sets on each side; 20 reps per set; alternate sides.
- Build to 2 sets of 30 reps on each side.
- Increase intensity by placing green band above knees.

If correct:

- Should feel hips and glute muscles fire.

Issue:

- The movement is causing you to sway back.

The fix:

- Lessen height of knee raise.

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Lateral Leg Raises

2-11

Reminders:

- Lie on your side with legs in line with body.
- Move top leg back approximately 20-30 degrees.
- Bend bottom leg to provide balance and support.
- Top leg is straight and its foot is engaged, toes are pointing back towards you.
- Lift the top leg up, pause at peak, then lower leg down.
- Movement is slow. Don't rush it.

Sets and Repetitions:

- 2 sets on each side; 15 repetitions per set; alternate sides.
- Build to 2 sets of 20 reps on each side.

If correct:

- Should feel hips and gluteal muscles fire.

Issue:

- The movement is causing you to sway back.

The fix:

- Lessen height of leg raise.

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VMO Exercise

3-11

Reminders:

- Sit up straight with your legs out in front of you.
- Place your back against wall for support, if desired.
- Engage your right leg by pulling your foot towards you.
- VMO should fire immediately, helping to protect the knee.
- Raise leg about 30 degrees (keeping your leg straight).
- Hold for 3-5 seconds and then slowly lower the right leg down.
- Movement is controlled. Don't rush it.

Sets and Repetitions:

- 2 sets on each side; 10 reps per set; alternate sides.
- As quadriceps strengthen, try more strenuous variations.

If correct:

- Quadriceps of the active (engaged) leg should fire immediately.
- Active leg remains straight.

Issue:

- The movement is causing you to lean backwards.

The fix:

- Place your back against wall or lessen height of leg raise.

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Lateral Sidesteps with Band

4-11

Reminders:

- Place green band around the balls of your feet.
- Keep legs straight the entire time.
- Take a step to the right; no wider than shoulders.
- Once right foot is planted, left foot takes small step to the right.
- There is a slight pause in the movement. Trailing foot waits until the lead foot is planted.

Sets and Repetitions:

- 10 steps to right and then 10 steps back to left represents 1 set.
- Build to 2 to 3 sets.
- Rest approximately 20-30 seconds between sets.

If correct:

- Should feel hips and glute muscles fire immediately.
- Hips drive the movement and feet follow; contract the glutes.
- Targeted areas: gluteus medius and minimus.

Issue:

- Feet touch.

The fix:

- Slow down the movement and feet should remain shoulder distance apart.

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IT Band Syndrome Exercise Cards

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Single Leg Quarter Squats

5-11

Reminders:

- Both legs are straight, body is balanced, and stand on a step/box/street curb.
- Engage the left leg by pressing the left foot into step and then slightly lift the right foot.
- Slowly lower the right leg to the ground while also pushing your hips slightly backwards. (Movement is back and down at the same time.)
- Once right foot touches ground, immediately start back up to your initial starting position.
- Movement back up is driven by firing your left glute and strongly pressing your left foot into the step/box/street curb.

Sets and Repetitions:

- 2 sets on each side; 10 reps per set; alternate sides.
- Build to 2 sets on each side; 15-20 reps per set.

If correct:

- Should feel your hips, glutes, and quadriceps working.

Issue:

- Knee of engaged leg dives inward and results in knee pain.

The fix:

- Slow the downward movement, fire vmo, and contract glutes.

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Lateral Squats with Band

6-11

Reminders:

- Place green or blue band above your knees.
- Get into squat position with legs shoulder width apart. (Squat down to approximately 60-70 degrees.)
- Laterally extend the right leg out approximately 12 inches.
- Movement is driven by your hips and glutes, not your knee!
- Left leg repeats the movement once the right leg is set.
- Goal: remain in squat position even as legs extend laterally/abduct.

Sets and Repetitions:

- 10 steps to right and then 10 steps back to left represents 1 set.
- Build to 2 to 3 sets.
- Rest approximately 20-30 seconds between sets.

If correct:

- Hips and gluteus maximus drive the movement. Feet follow.
- Should feel hips and gluteal muscles fire immediately.

Issue:

- Knees are driving the movement and are diving inward.

The fix:

- Legs are actively pushing outward against the band; hips and glutes are driving the initial lateral leg movement.

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Squats with Band and Ball

7-11

Reminders:

- Place green or blue band above your knees.
- Place gymnastic ball behind your back, approx. 6 in. above tailbone.
- Keep legs slightly bent and pressing outward against the band.
- Slowly move down into squat position.
- Squat position stops at 90 degrees. Do not go beyond 90 degrees!
- Drive back to starting position by using your hips and glutes; do not lock-out your legs.

Sets and Repetitions:

- Start with 2 sets, 10 repetitions per set.
- Build to 2-3 sets, 20 repetitions per set.
- Rest approximately 20-30 seconds between sets.
- Last rep in set can be a burnout: hold the squat position 20-30 secs.
- Increase intensity by holding a medicine ball and using a stronger band.

If correct:

- Quadriceps and hips press outward against the band; hips and glutes drive the motion.
- Knees do not extend past your feet.

Issue:

- Knees dive inward.

The fix:

- Press outward against the band. Fire the VMO.

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Single Leg Balance Squats

8-11

Reminders:

- This first movement is slightly back (hips move slightly back) and then initiate the squat movement down.
- Firmly press the foot of the engaged leg into the ground and fire the glutes. This helps with balance.
- Do not allow the engaged leg to dive inward.
- Do not squat deeper than 90 degrees.
- Keeping your arms extended out in front helps with balance.
- If not doing the exercise in front of a mirror, pick a point and focus on it. Doing this enables you to maintain your balance.
- Movement is slow. Don't rush it.

Sets and Repetitions:

- 2 sets on each leg; 10 reps per set; alternate sides.
- Build to 2 sets; 15 reps per set.

If correct:

- Should feel hips and glute muscles firing. Exercise targets the VMO and gluteus maximus.

Issue:

- Movement causes anterior knee pain.

The fix:

- Lessen depth of squat and don't allow the engaged knee to dive inward.

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IT Band Syndrome Stretching Cards

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Hamstring Stretch

9-11

Reminders:

- Lie on your back.
- Pull right foot back towards you and contract the VMO.
- Lift the leg to approximately 50-60 degrees.
- Assist leg by gently pulling your leg towards you with your hands.
- Hand positioning is ideally above the knee; if that's too high then put hands below your knee, but not behind it.
- Hold at peak for approximately 3-5 seconds and then slowly lower the leg back down and repeat the stretch.

Sets and Repetitions:

- 2 sets on each side; 10 reps per set; alternate sides.

If correct:

- You will notice that the stretched leg lifts higher as hamstring loosens.
- Overall movement is controlled and is not jerky.

Issue:

- Hands are yanking hard on your engaged leg.

The fix:

- Hands gently assist leg during the stretch.

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Cross-Over Stretch

11-11

Reminders:

- Leg that crosses in front leads the stretch.
- Go slow and get body properly aligned before reaching arm over.
- Example: If right leg crosses in front of left leg then torso and upper body bend over to the right.
- Important to bend your knees since flexion increases the stretch.
- Example (continued): Extend your left arm over the top. Helps to accentuate the stretch and aids in opening the chest cavity.
- Head positioning: Can look up at arm, or down at the ground. Find the position that is most comfortable for your head and neck.

Sets and Repetitions:

- Hold the stretch for approximately 30 seconds; do on both sides.
- Rest in initial standing position (feet apart and standing up tall and straight) for at least 10-15 seconds before stretching the other side. It's important to let your body recalibrate a bit.

If correct:

- Feel stretch along outer part of leg, hips, and glutes.
- Take it slow and get your body properly aligned before reaching over with your arm.

Issue:

- Causes pain in the lower back when exiting the stretch and moving back to the initial starting position.

The fix:

Firmly press back foot into the ground and contract the corresponding glute. This prevents the swaying movement from settling into the lower back.

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Hip Flexor Stretch

10-11

Reminders:

- Stretch consists of 4 primary steps:
- (1) initial lunge position; (2) transitional lunge pose; (3) runner's lunge pose; and (4) pigeon pose.

Phase 1:

- Initial starting lunge pose [hold for 10-20 seconds]
- Knee placed on ground is positioned slightly back; angle is greater than 90 degrees.
- Accentuate the stretch by pressing your hands into the front knee.
- Raising arm enables you to get deeper into the stretch.

Phase 2:

- Starting lunge --> transitional lunge pose [hold 10 seconds]
- Press toes of back leg firmly into the ground and drive your leg backwards. Back leg remains straight and engaged.

Phase 3:

- Transitional lunge --> runner's lunge [hold 10-15 seconds]
- Body moves out over your front (bent knee) and arms frame the bent knee.
- Back leg is still straight and engaged. Back foot is driving backwards and glute is firing.
- Can gently rock the hips from side to side a bit. Helps to create some movement within the hip socket.

Phase 4:

- Runner's lunge --> pigeon pose [hold for 20-30 seconds]
- Firmly press hands into the ground when moving into pigeon pose.
- Engage your arms and press through your back.
- Do not allow your chest to collapse. Go slow and maintain the integrity of the pose.

- Goal: Your lower leg is perpendicular to your upper leg; however, if tight in hips, your lower leg will naturally angle back towards you.
- Foot of back leg is now resting on the ground.

Issue:

- You experience knee pain while in pigeon pose.

The fix:

- Engage foot by pulling your toes back instead of letting toes and foot point downward.

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IT Band Syndrome - Condition Overview & Rehabilitation Card

General Comments on IT Band Syndrome

Primary Causes:

- IT Band Syndrome is typically caused by weakness in the hips and glutes, particularly the gluteus medius and minimus.
- Tight hamstrings, hip flexors, calf muscles, and glutes tend to exacerbate the condition.
- Important to strengthen smaller muscles as larger ones will compensate for muscle deficiencies or body imbalances.
- In severe pain? See a PT or myofascial release specialist.
- Should see noticeable improvement within 2-3 weeks after starting this routine.

Things that help:

- RICE: Rest, Ice, Compression, and Elevation.
- Stretching the IT Band itself is difficult. Important to stretch surrounding areas--hip flexors, gluteal muscles, and TFL.
- Strengthen the hips and glutes so that psoas and IT Band aren't continually taxed and can properly heal.

Long-term guidance:

- Once healthy, continue to stretch and incorporate 2-3 favorite exercises into your weekly cross-training routine.

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Rehab Goal:

Name:

Daily time commitment (minutes):

Times per week:

Preferred workout time (circle one): Morning Afternoon Evening

Exercises that love:

Exercises that do not love:

Questions for pt or wellness professional:

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