



CHIROMOVEMENT MUSCLE AND JOINT CLINIC

IT BAND SYNDROME

HOME EXERCISES

IT Band Syndrome Is a common Injury often due to
overuse

We are excited to provide you with exercises to do at
home to strengthen the IT Band.

All movements should be performed in a pain free range
of motion.

Do not perform any exercise that causes pain.



Side Bridge

Side Lying Glute Medius Abduction

Lateral Step Ups

Monster Walks

Gastrocnemius & Soleus Eccentrics

Reverse Balance Lunge

Proneus Longus Calf Raises

Back Extension



ChiroMovement strongly recommends that you consult your physician before participating in an exercise regime to ensure good standing and ability to safely complete exercises.

These exercises and videos are not meant for the purposes of diagnosing or examining medical conditions of any kind, or in determining the effect of any specific exercise on any medical condition. You should understand that when participating in any exercise, there is the possibility of physical injury. If pain or injury occurs you should consult your physician.

If you engage in shown exercises, you agree that you do so at your own risk and by voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge ChiroMovement from any and all claims or causes of action, known or unknown.