

## IT Band Stretch



Step #1: Pull back you ankle until your heel makes contact with your buttock.



Step #2: Bring your thigh forward making sure to keep you heel against your buttock.



Step #3: Bring your leg straight up while continuing to keep your heel against you buttock.



Step #4: Let your thigh relax down toward the floor while at the same time extending the thigh rearward.



Step #5: Hook the heel of the opposite leg over your knee and apply gentle pressure downward toward the floor. Do not let your pelvis drop down. A stretch should be felt in the side of the thigh.

Hold for 30-60 seconds.