

Knee IT Band Home Exercise Program



MINI SQUAT

Start with your feet shoulder-width apart and toes pointed straight ahead. Next, bend your knees to approximately 30 degrees of flexion to perform a mini squat as shown. Then, return to original position.

Knees should bend in line with the 2nd toe and not pass the front of the foot.

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 3 Times a Week



LATERAL MONSTER WALK - ELASTIC BAND AT ANKLES

Place a looped elastic band around both ankles.

Next, bend your knees, toes forward and step to the side while keeping tension on the band the entire time. After taking 20 sidesteps to the side in one direction, reverse the direction taking sidesteps until you return to the starting position. Repeat. Video # VVPKJ9GG9

Complete 2 Sets

Perform 3 Times a Week



MONSTER WALK - ELASTIC BAND AT ANKLES

Place a looped elastic band around both ankles.

Next, bend your knees and step forward while keeping tension on the band the entire time. After taking 20 steps forward, reverse the direction taking steps back until you return to the starting position. Repeat. Video # VVUDA3SU5

Complete 2 Sets

Perform 3 Times a Week



STEP DOWN - LATERAL

Start with both feet on top of a step/box. Next, slowly lower the unaffected leg down off the side of the step/box to lightly touch the heel to the floor. Then return to the original position with both feet on the step/box.

Maintain proper knee alignment: Knee in line with the 2nd toe and not passing in front of the toes. Video # VVBA2KGN7

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 3 Times a Week



Bridging

Laying on your back with knees bent and feet flat on the ground. Roll up into a bridge, buttock first as pictured. Then slowly lower back down, one vertebrae at a time, buttock hits the ground last.

Repeat 10 Times
Complete 3 Sets

Hold 3 Seconds
Perform 3 Times a Week



FIRE HYDRANT - QUADRUPED HIP ABDUCTION

Start on your hands and knees in a crawl position as shown.

Next, raise your leg out to the side while maintaining a stable spine.

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 3 Times a Week



FOAM ROLL - ILIOTIBIAL BAND - ITB

Start on your side with a foam roll under your bottom thigh.

Next, using your arms and unaffected leg, roll up and down the foam roll along your lateral thigh for 3-5 minutes. Video # VVE86DCMA

Perform 3 Times a Week



HIP ABDUCTION - SIDELYING

While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time. Keep your leg in-line with your body.

The bottom leg can be bent to stabilize your body. Video # VV4R4FB65

Repeat 10 Times

Complete 3 Sets

Hold 1 Second

Perform 3 Times a Week



PRONE ELASTIC BAND HAMSTRING CURLS

Attach an elastic band around your foot and opposite ankle as shown. Next, while lying face down, slowly bend your target knee as you bring your foot towards your buttock.

Keep your other foot on the floor to fixate the band. Video # VVR4EC7UR

Repeat 10 Times

Complete 3 Sets

Hold 1 Second

Perform 3 Times a Week