

1

**Cross Over Walk / Carioca**

Cross your right foot in front of your left and then take a lateral step with your left foot as you step sideways. Then cross your right foot behind your left leg and take a lateral step with your left foot as you continue to step sideways. Alternate stepping your lead foot in front and then behind the trail leg for 20 yards. Repeat going in the opposite direction.

2

**Foam Roll Balance**

Place foot on a 1/2 foam roll with the round side down. With your knee unlocked, balance on the foam roll for 1 minute.

3

**Lateral Reaches**

Stand in R forward lunge position. Hinge and rotate at your hip as you reach to a wall at waist level with both your arms. Your hip and knee should remain aligned in the center of your foot. Your big toe should be firm to the floor as you reach. Return to the starting position. Perform 3 x 12-15 repetitions.

4

**Medial Reach with Opposite Arm**

Stand on one leg with knee straight. Hinge at your hip as you reach with your opposite arm to a wall at waist level. Your hip should jut out and pelvis should remain square to the front. Return the starting position. Perform 2 x 12 repetitions. Repeat while standing on the opposite side.

5

**Revolving Lateral Angle into Revolving Triangle**

From a lunge position, bend your front knee and place your opposite hand on the floor to the inside of your foot. Make a straight line from hand to hand (revolving lateral angle). Hold for 5 deep breaths. Then straighten out your front knee without locking it as you shift some weight to the back leg (revolving triangle). Hold for 5 deep breaths.

6

**Revolving Crescent Warrior**

Stand with feet shoulder width apart, chest tall, toes straight ahead. Take a big step forward with your right, lowering yourself towards the floor, allowing back knee to bend. Make sure your right knee does not go past your toes. Turn your torso toward the direction of the front leg. Hold for 5 deep breaths (30 seconds). Return to the starting position. Repeat on the opposite side.

# Iliotibial Band Friction Syndrome

## What is IT Band Friction Syndrome?

IT Band Friction Syndrome is irritation of the IT band, resulting in pain in the outside of the knee and lower thigh. This is very common in runners, and may worsen while climbing or going down stairs, squatting, running, or getting in or out of a car.

## The Why Behind the What

### Exercise #1 - Cross Over Walk / Carioca

This exercise is a great warm up before completing the rest of the exercises. It improves the flexibility of the gluteus medius, a muscle at the side of the hip, and increases flexibility at the ankle too, while releasing tension in the IT Band. Make sure your feet stay straight forward, knees are unlocked, and your big toe touches the floor while you complete this exercise.

### Exercise #2 - Foam Roll Balance

This exercise helps to regain motion at the ankle that you are balancing on. It also helps to strengthen the muscles on the side of the hip that is being held to the side. Make sure to stand up straight and keep your toes from pointing out. If you start to lose your balance, you can put your foot down for a moment, but try to continue to exercise as soon as possible.

### Exercise #3 - Lateral Reaches

Lateral reaches strengthen the glutes while increasing flexibility in the glutes and the hamstrings. Tight muscles can cause excess forces to be applied to other tissues, and working these muscles in a long position helps to normalize the forces that are applied to the legs.

## The Common Causes of IT Band Friction Syndrome

Many times, IT band friction syndrome is caused by pelvic malalignment due to muscular imbalance. It may also be caused by a stuck ankle joint, which increases strain to the knee, or a hip that has lost its flexibility. We often see it in runners who run on the same side of the road all the time, due to the angle of the road.

### Exercise #4 - Medial Reach with Opposite Arm

This exercise makes the gluteus medius work in a lengthened position, which improves its flexibility. Teaching this muscle to work long also helps to lengthen the IT band so that the tissues can relax and reduce pain in the leg.

### Exercise #5 - Revolving Lateral Angle into Revolving Triangle

The revolving lateral angle is a strengthening exercise for the forward leg in the quads and glutes. If the gluteal muscles are strong, they can help keep the smaller muscles of the leg from overworking. After holding this pose for 5 deep breaths or 30 seconds, straighten the front leg to attain the revolving triangle pose. This pose is a great stretch for the hamstrings on the outer thigh.

### Exercise #6 - Revolving Crescent Warrior

This yoga pose activates the quads and glutes, which are some of the largest muscles in the body. If these muscles are working properly, the smaller muscles in the leg don't have to work so hard. The pose also stretches the hip flexors in the back leg, which helps maintain proper pelvic alignment.