

ITB Stretching for Trochanteric Bursitis and Lateral knee pain

WHAT IS THE ITB?

The Ilio-tibial band (ITB) is a band of tissue that runs from the top of the hip, over the greater trochanter and connects onto the lateral (outer) side of the knee. When the ITB is tight it pulls down onto the bony prominences of the knee and hip and causes rubbing, irritation and results in pain.



To remedy this, the ITB and surrounding muscles must be stretched in order to relax these structures and improved flexibility. The best ways to do this are by performing the exercises listed over. Perform these daily, and you will slowly notice improvement, it will not happen overnight. If the tight ITB continues to cause symptoms, steroids can be injected at the site and exercises must continue. If the symptoms still do not settle, then surgery may be the only option for symptom relief.

Exercises

Perform these exercises at least once a day and better if twice a day. Hold the stretches for a minimum of ten (10) seconds and repeat at least three (3) times. ITB rolling on a heavy foam roller can be performed in conjunction with your stretches.



ITB Stretching



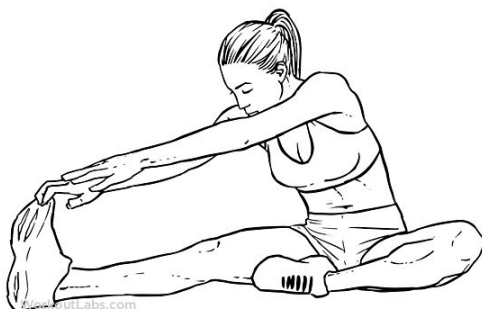
ITB stretching



Quad Stretching



Gluteal Stretching



Hamstring Stretch



ITB roller