
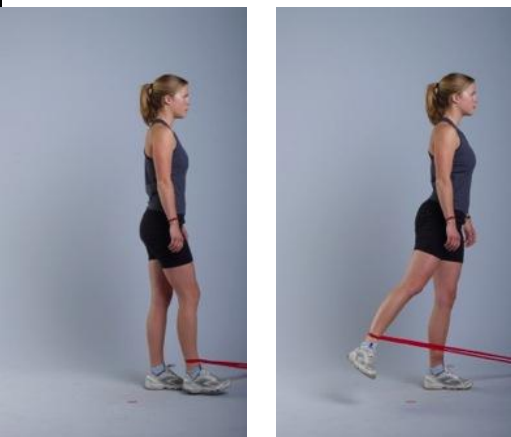



TREATMENT PROGRAM FOR RUNNERS WITH IT BAND SYNDROME

Exercises should be completed at a separate time from a workout or run to gain maximum benefits and performed according to the following chart, everyday for 6 weeks.

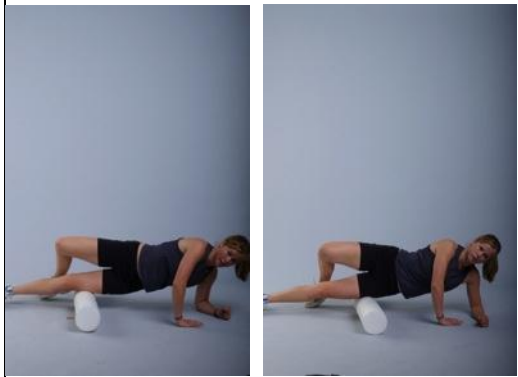
<u>Day</u>	<u>Sets</u>	<u>Reps</u>
1	1	10
2	2	10
3	2	10
4+	3	10


Hip Muscle Strengthening Exercises

	<p>Hip Abductor Strengthening - Standing</p> <p>Starting position: Standing beside the resistance band, loop the band around ankle of the outside foot. This will be the active leg in the exercise. Stand tall (shoulders over hips) and feet shoulder width apart. Engage core by drawing the belly button in and up.</p> <p>Action: Keeping hips level and trunk upright, lift the active leg so the foot is hovering off the floor. Keeping the foot in a neutral position, proceed to move the leg to the side. Raise leg to a range of motion that does not allow any compensation in the hip. Slowly return the leg back to starting position and repeat.</p> <p>Tempo: 2 seconds out, 2 seconds in</p>
	<p>Hip Gluteus Medius Strengthening - Standing</p> <p>Starting position: Facing the resistance band, loop the band around one ankle. This will be the active leg in the exercise. Stand tall (shoulders over hips) and feet shoulder width apart. Engage core by drawing the belly button in and up.</p> <p>Action: Keeping hips facing forward, lift the active leg so the foot is hovering off the floor. Keeping the foot in a neutral position proceed to move the leg back on a 45 degree angle with a straight knee and upright posture. Slowly return the leg back to starting position and repeat.</p> <p>Tempo: 2 seconds back, 2 seconds forward</p>

	<p>Hip Extensor Strengthening- Standing</p> <p>Starting position: Facing the resistance band, loop the band around one ankle. This will be the active leg in the exercise. Stand tall (shoulders over hips) and feet shoulder width apart. Engage core by drawing the belly button in and up.</p> <p>Action: Keeping hips facing forward, lift the active leg so the foot is hovering off the floor. Keeping the foot in a neutral position proceed to move the leg straight back with a straight knee and upright posture. Slowly return the leg back to starting position and repeat.</p> <p>Tempo: 2 seconds back, 2 seconds forward</p>
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IT Band Stretches

	<p>IT Band Foam Roller</p> <p>Position: Lying on side with foam roller positioned just above the knee, stack the hips and place the foot of the top leg on the ground. Keep bottom leg straight with the foot in a neutral position.</p> <p>Action: Roll slowly until the roller is positioned at hip.</p> <ul style="list-style-type: none"> Switch legs and repeat. Perform 1-2 times per day.
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	<p>IT Band Stretch- Standing</p> <p>Position: Standing tall (shoulders over hips) and feet shoulder width apart. Cross left foot behind right foot. The left leg will be the active leg in the exercise.</p> <p>Action: Lean towards the right pushing the hip outwards to the left.</p> <ul style="list-style-type: none"> Hold position for 20-30 seconds. Switch legs and repeat for 3 sets. Perform 1-2 times per day
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