

# Premier Orthopedics

## HIP – IT BAND STRETCHES



- Stand with feet crossed over one another separated by a few inches.
- The leg that is behind will be the hip that sways outward.
- The opposite shoulder drops down to the side slowly.
- **Hold the stretch for 10 seconds.** The stretch should be felt on the outside of the hip that is swaying and on the leg that is underneath. If no stretch is felt right away, more sway may be needed. Make sure torso is upright before side bending.



- Sit upright in a chair or on a bed.
- Grasp the bent leg by the calf and draw up into your trunk.
- **Hold the stretch for 10 seconds.** The stretch should be felt in the buttocks and deep in the hip. The stretch should also be felt on the outside of that hip.



- Set upright in a chair or on a bed.
- Grasp the bent leg by the outside of the knee.
- Pull toward opposite shoulder.
- **Hold the stretch for 10 seconds.** The stretch is felt toward the outside of that hip.

**All stretches should be done in a comfortable environment and in a relaxed atmosphere. Positions should be held for one minute on each leg and then repeated on the opposite leg.**