# Iliotibial Band Syndrome
## Intermediate Programme

**PURE PHYSIO THERAPY**

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 4/10 whilst completing this exercise programme.

**No pain** 0 1 2 3 4 5 6 7 8 9 10 **Worst pain imaginable**

Safe to exercise



### 1. Single leg squat with toe touch
- Start by standing with all the weight on one leg.
- Now place the other leg on the floor on the ball of the foot next to or slightly behind the standing leg.
- Begin with 60% of the weight on the standing leg and 40% on the supporting leg.
- Bend the knee and the same time bend the hip as if you were sitting back into a chair.
- Go down until the standing knee is approximately at a right angle
- Slowly return to an upright position and repeat.
- As the exercise gets easier reduce the support on the non-standing leg.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**



### 2. Bodyweight squats
- Stand with your feet hip width apart and your arms across your chest.
- Sit back as if you are sitting into a chair.
- At the same time your head should move forwards to keep your balance.
- As you do this aim to keep your back straight.
- Go down as far as you feel comfortable or until your thighs are parallel with the floor.
- Come back up to standing and repeat.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**
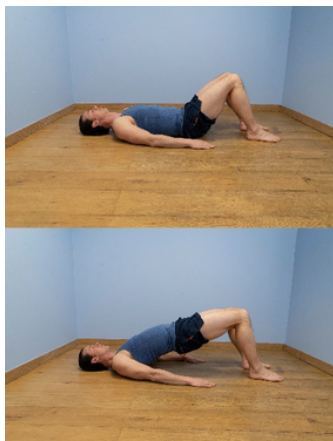


### 3. Hip bridge with hip abduction
- On a comfortable surface, lay flat on your back with your knees bent and feet flat on the floor – have the feet narrow and focus on keeping the knees hip-width apart throughout the movement.
- Raise your hips up towards the ceiling by pushing through your heels and squeezing your buttock muscles.
- Once your hips form a straight line with the shoulders and knees, hold for 5 seconds before slowly lowering your hips back down.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**