

Exercise plan:
ITB Syndrome

Patient:
Mrs Julie Dass

Date:
30th Mar 2017



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Quadriceps stretch 2

Pull your foot towards your bottom. If you are unsteady on your feet, make sure you hold on to something sturdy like a wall or a table. You will feel a stretch to the quadricep muscles at the front of your thigh.

Video: <http://youtu.be/BZwmTXwu2fk>



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1/4 squat

Open your legs slightly wider than shoulder width, and bend your knees to the 1/4 squat position. Make sure you keep the middle of your knee-cap in line with the middle toes of your foot.

Video: <http://youtu.be/NpKJwz27-JU>



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1/4 wall squat

Open your legs slightly wider than shoulder width, stand with your back resting against a wall, and bend your knees to the 1/4 squat position. You can either go up and down, or keep a sustained hold. Make sure you keep the middle of your knee-cap in line with the middle toes of your foot.

Video: <http://youtu.be/tloL0ZiDN3g>

Hamstring stretch 4

Lying down on your back, flex your hip until you can feel a stretch behind your thigh (in the hamstring muscles). You may not be able to get to 90 degrees, but go as far as you feel the stretch.

Video: <http://youtu.be/xzKquPpD9wQ>



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Active knee extension on towel

Lie on your back or sit on the floor, and place a rolled up towel under your knee. Straighten your leg against the towel. This exercise helps to straighten your leg if your knee is stiff, and also strengthens the quadricep muscle group (at the front of your thigh).

Video: <http://youtu.be/3f1k1huhRgI>



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Ball knee control

Sitting on a chair or Swiss ball, place the sole of your foot onto a ball. Move the ball around in different directions, out in front of you, round in circles, to the sides. This exercise helps to improve co-ordination and proprioception in your hip, knee and ankle.

Video: <http://youtu.be/6aVh23IEwQs>



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Single leg stand on tip-toes

Stand on one leg. When you feel completely balanced, raise up and stand on your tip-toes/forefoot. This is a difficult exercise, so make sure you hold on to a table if you are unbalanced or do not have the adequate strength in your leg. You will feel the leg working, especially in the calf muscle, and will likely get some muscle aching all over the leg and buttock if you hold it for an extended period of time.

Video: <http://youtu.be/ak3sZPQq-ag>



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Patella mobilisation

Sit with your knee straight, and your leg relaxed. Grasp your knee cap (patella) with your fingers and thumb, and wiggle your knee cap from side to side and up and down. You can also hold the patella to one side, and to the other side. It may be stiff to start, but once mobile the patella should move freely. This is a great exercise for anyone with a stiff patella.

Video: <http://youtu.be/mV4rslt7C10>



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Ice to your knee (sitting)

Apply an ice pack or frozen peas to your knee. Make sure you wrap it in a thin towel so its not too cold. Use this to reduce pain and inflammation. You may also find it useful to elevate the leg to further reduce swelling.

Video: <http://youtu.be/SVINiq9gNj0>



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Glute stretch supine 1

Lie on your back, and bring your knee towards your opposite shoulder to feel a stretch in your bottom. Tip: changing the angle you take the leg will change the position of the stretch and you can play around with the position to find the stretch that feels most effective for you.

Video: <http://youtu.be/6ovFfq2UNxc>



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Hip abduction gluteus medius side-lying

Lie on your side, and lift your leg upwards. You can hold this position, or move your leg up and down. This exercise predominantly strengthens your outer hip and gluteal (buttock) muscles, but also mobilises a stiff hip joint.



Video: <http://youtu.be/gNvzHTyPujs>

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Hip abduction gluteus medius standing

Stand up next to a table, chair or wall, and take your leg out to the side, and back to neutral. Repeat as required. You can also hold the leg out to the side and maintain this position. This exercise predominantly strengthens your outer hip and gluteal (buttock) muscles, but also mobilises a stiff hip joint.

Video: <http://youtu.be/znJenEMJaZk>



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Leg swing side

Swing your leg to one side, and then the other, in a controlled way. If you feel comfortable, you can speed up. This exercise mobilises a stiff hip joint, and is a good dynamic warm up.

Video: <http://youtu.be/4KAS7li6uEM>



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Hip abduction with band

With an exercise band secured around your ankle, and the other end anchored to a fixed object to your side, move your straight leg (abduct) away from your body to create resistance in the band. This exercise predominantly strengthens your outer hip and gluteal (buttock) muscles, but also improves balance on your opposite leg.

Video: <http://youtu.be/mH631V-5K6s>



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Clam

Lie on your side, with both knees bent. Keeping your feet together, and squeeze your deep abdominal muscles by drawing the belly button inwards. Open your knees, like a clam, hold, and return to the start position. This is a good strengthening exercise for your gluteal (buttock) and outer thigh/hip muscles.



Video: <http://youtu.be/1ECrWm-3SKo>

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Leg swing side ankle weight

Attach an ankle weight to your ankle. Swing your leg to one side, and then the other, in a controlled way. This exercise mobilises a stiff hip joint, and strengthens the lateral gluteal muscles.



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Video: <http://youtu.be/uJXzzSSUsrc>

Hip abduction with ankle weight

Place an ankle weight around your ankle. Move your straight leg (abduct) away from your body. This exercise predominantly strengthens your outer hip and gluteal (buttock) muscles, but also improves balance on your opposite leg.



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Video: <http://youtu.be/LV1ocAcAvsQ>

Dear Mrs Dass, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on stablestherapycentre@gmail.com. Good luck and keep with it!