

The Best IT Band Exercises

For Preventing, Correcting, and Managing Injury

Clamshell

- Lie on one side. You can prop your head up in your hand.
- Bend your knees to a 90 degree angle.
- While keeping the feet together, lift the knee on the top leg.
- Make this a small movement, lifting the knee until you feel a contraction in the glute.
- Repeat the same exercise on the other side.

Lateral Band Walk

- Put a resistance band around the legs just above the ankles.
- Knees should be relaxed and just slightly bent.
- Facing forward, take small steps to one side, squeezing glute and hip muscles with each step.
- Repeat the same movement going back in the other direction.
- Also try using a resistance band around the thighs, just over the knees.
- Bend the knees a little more and keep the chest and head upright and facing forward.
- Again, step to the side, squeezing and contracting with each step.

Bridge

- Lie on your back on the floor.
- Bend your knees and keep your feet flat on the floor as if you were going to do crunches.
- Lift the hips up as high as you can until you feel a contraction in the glutes.
- Squeeze the glutes on the top before slowly lowering hips down to the ground.
- For more of a challenge add a resistance band around the legs just above the knees.

Single Leg Squat

- With legs a little further apart than shoulder width, face forward.
- Lift one leg up and point it forward while squatting on the other leg.
- Keep the chest and head upright.
- Move the hips and butt back, as if sitting down in a chair.
- Don't let the knees move forward over the toes.
- Lower down slowly and stand back up straight, with full hip extension.
- Repeat on the other side.

