

Upper Iliotibial Band (ITB) Stretch



Why?

To lengthen your stride, prevent hip tightening and/or twisting of the knee.

How?

- Stand on the leg that you are going to stretch and push that hip out to the side
- Cross the opposite leg over in front but **KEEP MOST OF YOUR WEIGHT ON THE BACK (STRETCHED) LEG**
- Reach your arm up and over and continue to push your hip out until you feel a stretch in the left hip

Explanation:

You may need to lean slightly forward or backwards to feel a stretch depending on what area or local hip muscle is the tightest. Through the stretch you may need to slightly adjust your position as certain muscle fibres start to loosen up.

Sets:	2
Reps:	1
Hold:	15 second – 1 minute
Frequency:	After or between runs

Dynamic Alternatives*:

Sideways leg swings, cross-over ('grapevine') sideways running or walking

***Dynamic Alternatives:**

- **Leg swings:** While standing on one leg swing the opposite leg forwards and backwards or side to side (across your body) under control to the end ranges. Brace* your core to prevent your back from twisting. For a video demonstration please go to "grapevine" video by scrolling down the following web page:
 - http://www.completerunningprograms.com/Dynamic_warm_up_for_runners_s/53.htm