

Distal ITB Syndrome Exercise Program (At-Home Physical Therapy)

How to Use This Program:

Complete this routine once per day, every day unless pain increases. Exercises should stay at or below 3/10 discomfort and should not worsen symptoms afterward.

Stretching Exercises

1. Hamstring Stretch (with Strap)

Dosage:

- Hold 20 seconds
- Repeat 5 times

How to Do It:

- Lie on your back with your leg straight
- Loop a strap around your foot and lift your leg upward
- Stop when you feel a stretch in the back of your thigh

2. ITB Stretch (with Strap)

Dosage:

- Hold 15 seconds
- Repeat 5 times

How to Do It:

- Lie on your back with both knees straight
- Lift your leg off the table and pull it across your body over the opposite leg
- Stop when you feel a stretch on the outside of your hip/thigh

3. Piriformis Stretch

Dosage:

- Hold 15 seconds
- Repeat 5 times

How to Do It:

- Lie on your back with knees bent, feet flat
- Place the ankle of your affected leg across your opposite knee
- Pull your knee toward your chest until you feel a stretch in the buttock

4. Prone Quad Stretch (with Strap)

Dosage:

- Hold 10 seconds
- Repeat 10 times

How to Do It:

- Lie on your stomach with a strap around your foot
- Pull your heel toward your butt until you feel a stretch in the front of your thigh
- Relax and return to the starting position

5. Calf Stretch on Slant Board

Dosage:

- Hold 20 seconds
- Repeat 5 times

How to Do It:

- Place both feet on the slant board with heels down
- Keep knees straight and lean your body forward
- Hold the stretch in your calves

Optional Pain Relief (After Exercises) – Ice and TENS

- Use for 10–15 minutes after exercises
- Keep a barrier between ice and skin
- TENS should feel like a comfortable tingling, not pain

Strengthening Exercises

6. Side-lying Clams

Dosage:

- 10–15 repetitions
- 2–3 sets

How to Do It:

- Lie on your side with knees bent and feet together
- Lift the top knee toward the ceiling while keeping feet together
- Pause briefly, then lower slowly

7. Bridges (with or without Band)

Dosage:

- Hold 3 seconds at the top
- 10–20 repetitions
- 2 sets

How to Do It:

- Lie on your back with knees bent, feet flat
- Squeeze your glutes and lift your hips toward the ceiling
- Hold briefly, then lower slowly

8. Sidesteps with Resistance Band

Dosage:

- 15 steps each direction
- 3 sets

How to Do It:

- Place a resistance band around your thighs or ankles
- Bend knees slightly and keep toes facing forward
- Step sideways while keeping tension on the band

9. Step-Downs

Dosage:

- 10 repetitions
- 2 sets

How to Do It:

- Stand on a low step with your affected leg
- Slowly bend your knee and lower the opposite heel toward the ground
- Return to standing and repeat

