



**Robyn Dey RMT**  
Massage Therapy

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## Standing Iliotibial Band Stretch

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Figure A – Basic Stretch



Figure B – Deeper Stretch



Instructions to stretch **left** iliotibial Band:

1. Always warm your muscles before exercising.
2. In a standing position, cross your left leg behind your right leg so that the outsides of your feet are facing each other. For a deeper stretch (Figure B), place your left foot further to the right of your body and point your left foot toes toward your body (picture B).
3. If you feel unbalanced hold onto a chair for support (Figure A).
4. Lean forwards and bend your torso to the right using your arm for balance support.
5. For a deeper stretch, bring your left arm over your head and toward the right so that your right hand points down. (Figure B).
6. Breathe out as you increase the stretch.