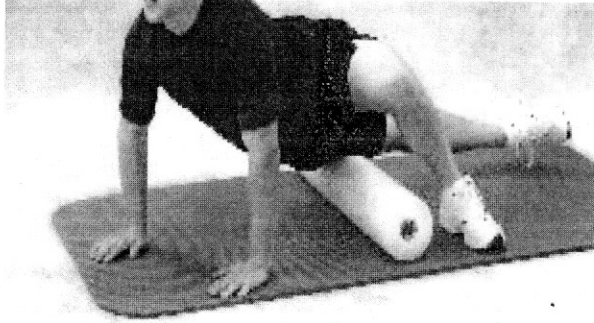


- Perform Routine _____ times a day.
- Stop any exercise that increases your pain and consult your physical therapist

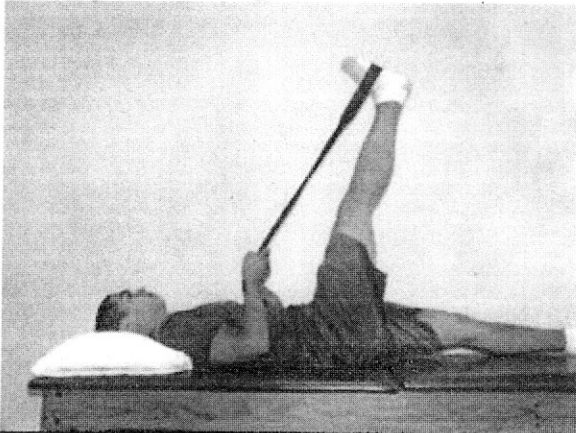
ITB Massage on Foam Roller



- Lie with the side of your leg on the foam roller.
- Roll it back and forth, supporting your body weight with your arms and opposite leg
- **PURPOSE:** Increase flexibility of ITB, break up scar tissue and encourage increased blood flow to the area

Do 2 minutes

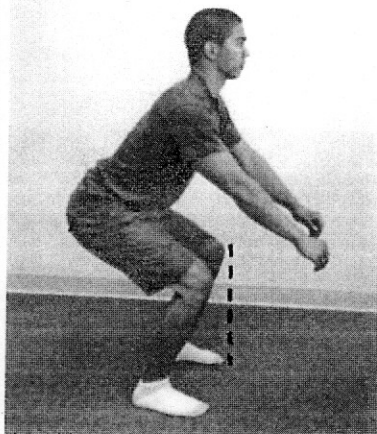
Hamstring Stretch



- pull leg up until stretch is felt at the back of the thigh
- Stop or reduce the stretch if numbness or tingling or burning is felt in the foot or back of leg
- **PURPOSE:** Increase knee extension range of motion and stretch hamstring muscle

Hold _____ seconds _____ repetitions

Wall Squats Mini Squats



- **Wall squats:** Feet should be a foot in front of you
 - Slide up and down the wall, pushing with legs
 - Back flat against wall
 - **Mini squats:** keep feet shoulder width apart
 - Only squat half-way down
 - Knees never go beyond toes
- PURPOSE:** strengthen quad and gluteal muscles

Do _____ sets of _____ repetitions