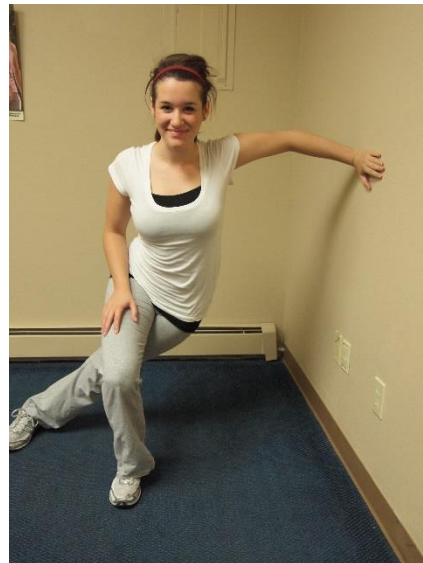




Rehabilitative Exercises | Extremity Stretches

E8 ITB Stretch



Stand bedside wall. Brace yourself with your hand on the wall. Put outside leg in front to stabilize you. Cross the back leg behind. Lean into the wall to stretch the outside leg. Hold for _____ seconds. Repeat _____ times a day.