

Iliotibial Band Syndrome Rehabilitation Exercises



Side-lying leg lift



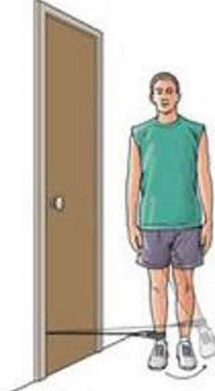
Knee stabilization: A



Knee stabilization: B



Knee stabilization: C



Knee stabilization: D



Iliotibial band stretch (side-bending)



Clam exercise