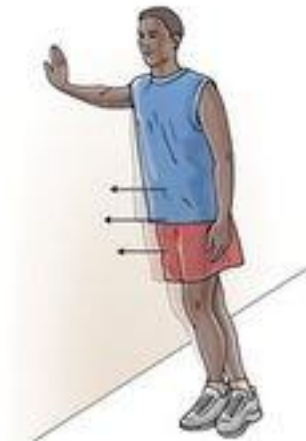


Iliotibial Band Syndrome Rehabilitation Exercises



Iliotibial band stretch (standing)



Iliotibial band stretch (side-leaning)



Standing calf stretch



Iliotibial band stretch (side-bending)



Hamstring stretch on wall



Quadriceps stretch