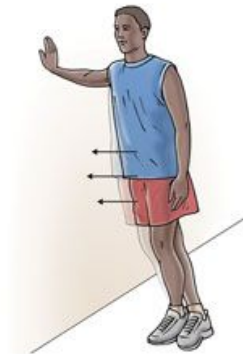


# Iliotibial Band Syndrome Rehabilitation Exercises



Iliotibial band stretch (standing)



Iliotibial band stretch (side-leaning)



Standing calf stretch



Hamstring stretch on wall



Quadriceps stretch



Wall squat with a ball