

6 EXERCISES FOR A PAINFUL OR TIGHT IT BAND



Welcome!

Ready to eliminate IT band pain?

While there are many causes for knee pain stemming from weakness or low flexibility in other joints, a tight IT band is one of the more common reasons.

This guide covers 6 exercises you can do at home to eliminate IT band problems, which can reduce pain around the knee - particularly on the outside of the joint. A tight IT band also affects your hips. So you will get the bonus of increased movement stability and hip control. Coach E recommends performing all six exercises for several weeks. But if one or two seem to work best for you, listen to your body.

You should feel better after the first day of performing the complete series of exercises. The real progress will come with dedicating 15 minutes every day for a couple of weeks. It takes time to lengthen muscles and realign your body. But as you embark on this process, you will start to notice your movement feeling freer, and your legs have more strength.

Keeping your knees and hips healthy is one of the keys to movement longevity!

Most people find that setting an alarm for the same time each day helps solidify the habit of performing these exercises or any routine you want to incorporate into your life.

Thank you for trusting us to guide you toward overcoming IT band syndrome. You are welcome to reach out to our team at any time.

THE ROUTINE

This routine takes you through several different processes to lengthen and strengthen your iliotibial band, a fascia that runs between your hip bone and your knee. The best way to use this cheat sheet is to watch the video and follow the instructions here for your sets, reps, and any pointers on form.

Take your time and listen to your body during each exercise. Start with the lower number of reps, then work up to the maximum.

Exercise	Sets	Reps / Hold Time
ASMR: ITB / Vastus Lateralis	1 set	1-2 min
Slumpy Psoas Activator	2 sets	3-5 reps, 5 sec hold
Seated External Tibial Rotation	2 sets	3-5 reps, 5 sec hold
Monster Band Walk	2 sets	4-6 steps per direction
Midline Muscle Activator - Hinge	2 sets	3-5 reps
Reverse Lunge & Twist	2 sets	4-6 per side

1) ASMR: ITB / Vastus Lateralis (1 set x 1-2 min per)

Active self-myofascial release helps increase blood circulation and can relax tight muscles. Coach E tends to recommend starting with ASMR no matter where the other exercises may take you.



- 1 Lay down on your side with your hips and knees bent.
- 2 Pinch your iliotibial band with your thumb and index finger. You should be able to feel the IT band with your fingers
- 3 Slowly push your fingers toward your knee while bringing your heel toward your glutes.
- 4 Repeat the pinch and push for 1 to 2 minutes on each side.

2) Slumpy Psoas Activator (2 sets x 3-5 reps, 5 sec hold)

We spend a lot of the day sitting. This exercise activates the psoas in the sitting position to help mitigate shortening from low activity times.



- 1 Sit down with spine in a flexed position
- 2 Place your hand on the opposite knee
- 3 Lift the foot off the ground and drive knee into opposite hand
- 4 Maintain psoas activation while extending the spine and anteriorly tilting the pelvis
- 5 Hold for 5 sec then let your knee down slowly and under control.

3) Seated External Tibial Rotation (2 sets x 3-5 reps, 5 sec hold)

This exercise addresses your IT band's tendency to overcompensate for weak hamstrings. Strengthening the hamstrings will give your IT band a chance to rest.



- 1 Sit down with your knees bent at 90°
- 2 Lift your heels from the ground
- 3 Internally rotate the tibia, hold at end range and activate the muscles for 5 sec
- 4 Move into external rotation, hold at end range and activate the muscles for 5 sec

4) Monster Band Walk (2 sets x 4-6 steps per direction)

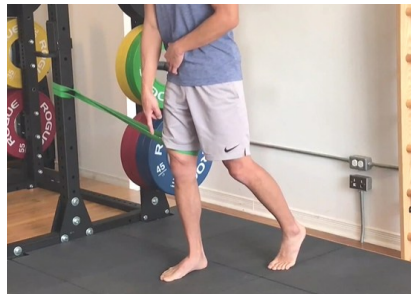
The resistance band forces your muscles into activating external hip rotation and fires up the glutes.



- 1 Place a resistance band around each foot at mid-foot
- 2 Get into a quarter-squat position
- 3 With as little momentum as possible, side-step for about 4 steps in one direction, then the other

5) Midline Muscle Activator - Hinge (2 sets x 3-5 reps)

This exercise activates your adductors and internal rotators in your hip. Over time this will improve your alignment and stability.



- 1 Place a resistance band above the knee, and step away from the anchor to create a little tension
- 2 Push your weight through front foot with metatarsal pressure
- 3 Slightly bend the back foot
- 4 Hinge at the hips with most of the weight on front foot, maintaining neutral spine

6) Reverse Lunge & Twist (2 sets x 4-6 reps per side)

The Reverse Lunge & Twist takes the most coordination out of all of these exercises. It will lengthen your tensor fascia lata, which decreases the tension in your IT Band. It does double duty in firing up your gluteus maximus and medius.



- 1 Stand tall, keep feet flat with metatarsal pressure
- 2 Lunge back and rotate towards the front foot
- 3 Keep thigh in line with foot when rotating
- 4 Stay tall throughout

The first time you complete all of these exercises, you should feel a little looser and a little better. Some muscles might complain about going back to work during the first few days. Keep at it, and your IT band will slowly improve, reducing the pain.

Joints will not align properly in a day or even a week. Keep at it, and the good feeling you get after doing these exercises will begin to last longer - several hours, then days, then weeks. You're on your way to movement longevity.

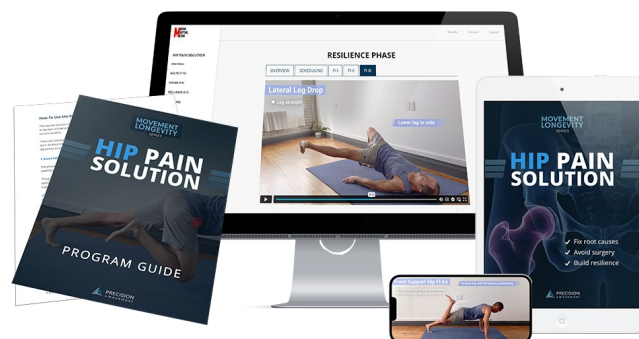
If you want to take the next step in correcting compensations as well as wear and tear damage, check out the Hip Pain Solution.

Coach E designed Hip Pain Solution to combat movement longevity hurdles like:

- Stiff hips
- Muscle pain (e.g., TFL, piriformis, or iliopsoas)
- Torn labrum
- Osteoarthritis
- Tendonitis
- Bursitis
- Femoroacetabular impingement
- SI joint pain
- Even just clunky, snapping hips

Hip Pain Solution starts where you are, whether you're in the acute phase (lots of pain) or just feel a little stiff. You'll wake up muscles you didn't know you had and restore proper kinetic chain movements to keep you moving freely and without pain longer.

Thank you for putting your trust in us to guide you through solving your IT band pain on your own. Keep up your body maintenance, and it will serve you well as you keep doing what you love.



[LEARN ABOUT HIP PAIN SOLUTION](#)