

Stretch of the Month

IT Band Stretch

To stretch your IT band:

1. Extend one leg behind you and the other leg crossed in front of you.
2. Your hips should be squared and your back knee facing the floor.
3. Lean forward until you feel a nice stretch in the outside of your front thigh.
4. If you are able, you can rest your forehead on the floor in front of you.
5. Repeat for other side.



Before stretching, warm up with **5 to 10 minutes of light exercise**. Another option is to save stretching for after a workout. If you feel pain while stretching, you are stretching too far. **It should not be painful**. Hold each stretch for **about 30 seconds** at a time and repeat, especially if the stretch seems to be helping with pain or discomfort.

