

IT Band Foam Rolling



Description: Definitely an area of focus for runners! Lay on side with foam roller underneath bottom leg. Position elbow directly under shoulder. Begin at the top of your leg (below your hip bone) and roll slowly all the way down to the outside of the knee without crossing knee joint and then roll upwards back to starting position. Leave opposite foot on floor to stabilize.

Sets/ reps: You can roll your IT bands for a maximum duration of two minutes. This prevents the over massaging and damaging that can occur to the muscle. You may do more than one set of two minutes just making sure that you give the muscle a rest in between sets. For example, rolling a different muscle then coming back to the IT band.

Modifications: Eventually, add more body weight to the leg being rolled, by taking weight off of grounded foot.

Common Mistakes: Mistakes include rolling for too long, rolling after icing and rolling of injured muscles. Please do not do any of these as they can cause more damage to the muscle.

Target Muscles: Iliotibial Bands (band of fascia that runs along the lateral portion on the leg that becomes very tight with exercise, specifically running.) Also helps roll the lateral portion of the quadriceps.

If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.

