

## Foam Roller Side Hip Roll – Iliotibial Band (ITB)



- Place the foam roller at the top of the hip bone and balance on your elbow as shown in the photo. You can also balance on the right hand if you have difficulty balancing on your elbow.
- Keeping your body perpendicular to the foam roller, slowly roll up and down the side of the hip. Focus on the sensitive or painful spots as you roll, rolling slower and with shorter rolls until you feel a muscular release or pain diminishes.
- Roll 1 to 2 minutes over your ITB, breaking it up into the upper ITB, middle ITB, and lower ITB.
- Use supporting leg to grade pressure.