

AVORDCHIROPRACTIC

ITB

Stretch –see running sheet

- TFL --lying on affected side have partner pull up
- Glute medius/piriformis—90/90 stretch
- hamstring and glutes as they are related via the posterior kinetic chain.

Self massage-ice cup, use hands

Strengthen-see running pre hab sheet on website

- core
- glutes/hamstrings-see glute sheet running pre hab sheet
- buchberger hip series

Consider

- Getting orthotics either custom or OTC inserts
 - eg-powerstep, superfeet, new balance inserts