

# ITB REHAB ROUTINE

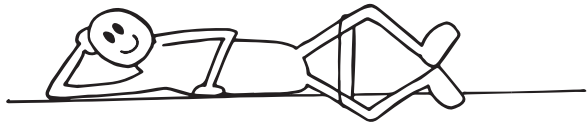
## 1. LATERAL LEG RAISES

x30  
per leg



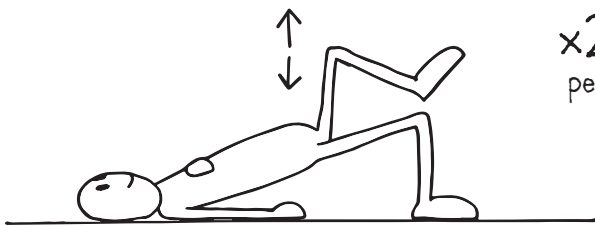
## 2. CLAM SHELLS

x30  
per leg



## 3. HIP THRUSTS

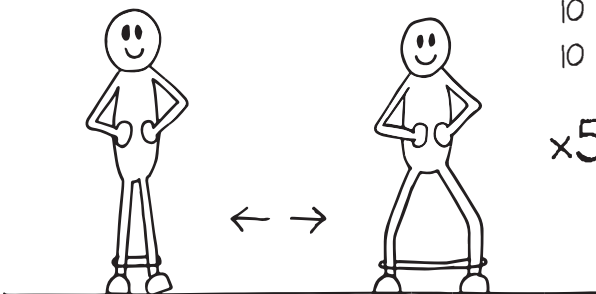
x25  
per leg



## 4. SIDE-STEPS / SHUFFLE

10 steps R  
10 steps L

x5 sets



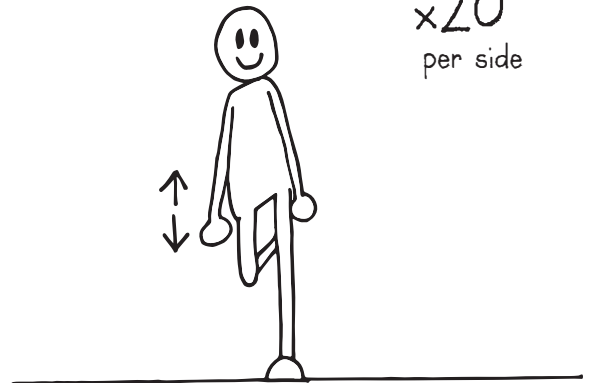
## 5. PISTOL SQUATS

5-10 squats



## 6. HIP HIKES

x20  
per side



## 7. IRON CROSS

x20

