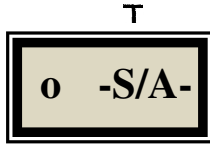


# -Tensor Fascia Latae Iliotibial Band-

www.thebodyguild.org - Better body care through shared expertise

## Steps



🖐️ Position> Place the client in the side position (see Techniques), with the cervical region supported. Place the thigh, knee (flexed at 90 degrees) lower leg, and foot of the extremity to be treated onto two pillows. (If the right side is being treated, the client is facing to the left, the left leg is straight and on the table, and the right thigh, knee, lower leg and foot are supported) The lower extremity that the client is laying on remains straight. The hip is pulled forward so that the coronal plane of the hips is at eleven o'clock to make the belly of the tensor more accessible. The thigh that is being treated is slightly abducted to relax the tensor for treatment. The therapist is standing at the side of the table facing the hip.



1) With the tips of the thumbs facing each other, **palpate** the belly of the TFL between the lateral anterior iliac crest and the greater trochanter.



2) With scooping thumbs, a T-bar and/or the elbow, apply **glides, static pressure, and multi-directional friction** at 1" intervals until the entire muscle has been treated.

- This treats the tensor fascia latae.



3) With thumbs braced by supporting fingers, with the palm of the hand or with the flexed forearm, **glide superiorly** from the lateral knee, up the iliotibial band and margin of the vastus lateralis to the greater trochanter. *Repeat 4-6 times.* Treat with shorter segmental glides for isolated tender areas. Use the upper hand to stabilize the pelvis and the rest of the body for downward glides. Anchor the tissues at the knee for superior glides.

- This treats the iliotibial band.



4) Leading with the thumb of the medial hand, displace the posterior aspect of the band anteriorly. Trail with the lateral thumb and **glide superiorly** to clear adhesions and shear the posterior iliotibial band away from the vastus lateralis. *Repeat 4-6 times.* The same displacing and separating technique can be used on the anterior aspect of the iliotibial band.

- Use the lateral thumb to lead and displace laterally while the medial thumb trails and separates the anterior aspect of the band from the vastus lateralis.

🖐️ Position> The therapist stands posterior to the client.



5) Use both hands to **compress**, bend and twist along the iliotibial band to lift and separate it from the deeper tissues.

- The 'Bend the Stick' maneuver may be used to separate the iliotibial band. Standing posterior to the client, grasp across band with the thumb and fingers to lift and bend the band like bending a stick.

# -Tensor Fascia Latae Iliotibial Band-

www.thebodyguild.org - Better body care through shared expertise

## Summary

T



👉 Position> Place the client in the side arm position. (see Techniques). The upper leg should be slightly bent with a cushion under the knee.



1) TFL



2) TFL



3) IT band 4-6x

4) displace & separate the IT band from vastus lateralis 4-6x

👉 Position> The therapist stands posterior to the client.



5) bend and separate the IT band from vastus lateralis