

KNEE ITB (ILIOTIBIAL BAND) RELEASE REHABILITATION PROTOCOL

| | WEIGHT BEARING | BRACE | ROM | EXERCISES |
|--------------------------------|-----------------------|--------------|--------------|---|
| PHASE I 0-2 weeks | As tolerated | None | As tolerated | Heel slides, quad/hamstring sets, SLR, planks, bridges, abs, step-ups and stationary bike as tolerated. Modalities, foam roll |
| PHASE II 2-4 weeks | Full | None | Full | Progress Phase I exercises Add sport-specific exercises as tolerated Cycling, elliptical, running as tolerated |
| PHASE III 4-12 weeks | Full | None | Full | Advance sport-specific exercises as tolerated Maintenance core, glutes, hip and balance program. HEP to include maximal glutes/hip/core and foam roll |