



Department of Orthopaedic Surgery
Sports Medicine and Shoulder Service

ITB Syndrome Nonoperative Rehab Protocol Prescription

Patient Name:

Date:

Diagnosis: *ITB syndrome L / R knee*

Number of visits each week: 1 2 3 4

Treatment duration _____ weeks

Rehab Phase

Evaluate lower extremity gait, hip and core strength

Treat any noted deficits

Strengthening

Core

Hip abductors

Hip external rotators

Proprioceptive training

ITB stretching

Exercises may include (but not limited to)

SLR's - in all planes with weight

Lateral step out with therabands

Sport cord (bungee) walking

Progress balance and board throws

Start slide board

Plyometric leg press

Double leg balance on tilt boards

Daily HEP

Maintenance Phase

Continue all exercises from prior phase

Phase out supervised rehab

Advance home strengthening and stretching program to be done daily

Encourage maintenance gym work-outs focusing on core and hip strengthening

ADDITIONAL COMMENTS: _____