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: ________________________________________________________

Concerns or questions:
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Physician Signature: