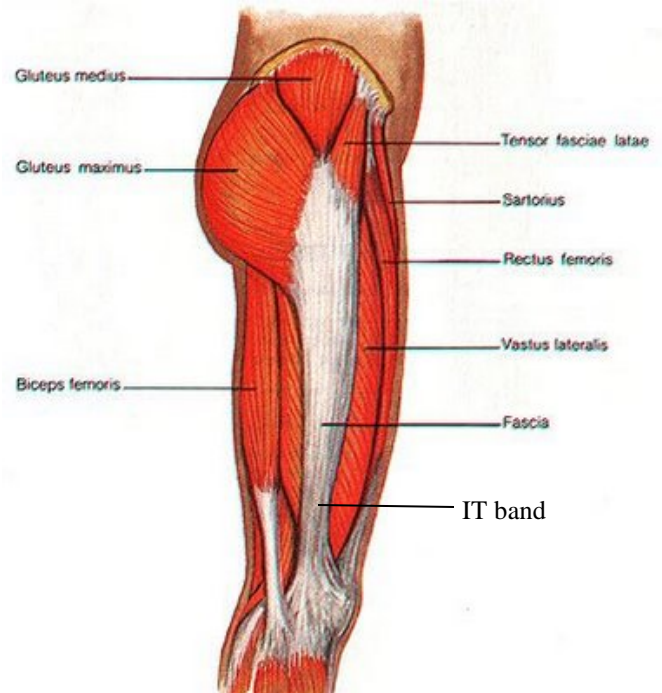




IT Band Syndrome *PROTOCOL*

BACKGROUND

- **Description**
 - IT band is a long-dense-fibrous band of tissue that extends from the hip down to the lateral aspect of the knee.
 - It acts as a stabilizer of the hip and knee during activity.
- **Causes:**
 - Typically occurs from repetitive activities such as running and cycling and when running hills or stairs.
- **Symptoms:**
 - Swelling or thickening of the tissue at the distal insertion near the knee
 - Lateral thigh and knee pain during and after activity
- **Treatment**
 - Rest, Ice, Compression, Elevation (RICE)
 - **Disciplined Stretching!!!**
 - Hip strengthening



STRETCHING EXERCISES:



IT band Stretch

Stand next to a rail or stable object and grasp with hand
 Step with the leg closest to the rail in front of the other leg
 Slowly push hips away from the rail until a stretch is felt
 Keep body straight during this exercise
 Widen the distance during leg cross or from the rail to increase the stretch

Frequency: 3 sets of 60 sec. 2-3 times per day
Goal: *Increase IT band flexibility*



IT band Mobilization

Lay on a foam roller with top leg crossed over.
 Keep body in a straight line, do not bend hips.
 Roll from the hip to just above the knee.
 Use the other leg and hand to offload pressure.
 This exercise may cause some bruising to the thigh.

Frequency: 3 sets of 10 reps. 2-3 times per day
Goal: *Increase IT band flexibility*

Patients can gradually increase the repetition and frequency of this exercise, but work towards performing it several times per day.



IT Band Syndrome *PROTOCOL*

STRENGTHENING EXERCISES:



Standing Hip Abduction

Secure theraband to a stable object
Place theraband around ankle
Slowly extend leg to the side
Avoid rotating the leg.
Hold 5 sec. Repeat 10-15 times

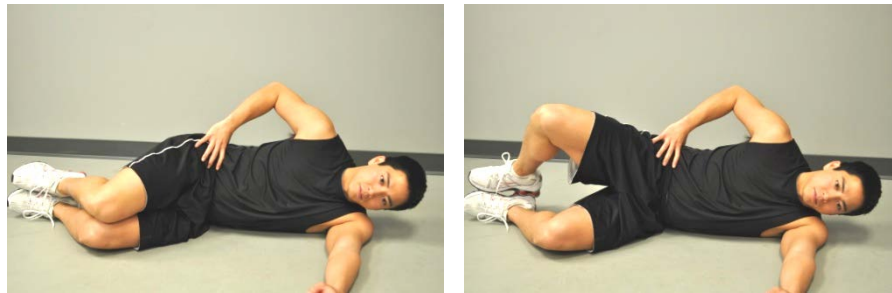
Frequency: 3 sets. 3 times per week
Goal: *Increase hip abductor strength*



Hip Abduction

Patient lies on their side
Keep body in a straight line
Slowly raise the upper leg towards the ceiling.
Avoid rotating the leg.
Hold 5 sec. Repeat 10-15 times

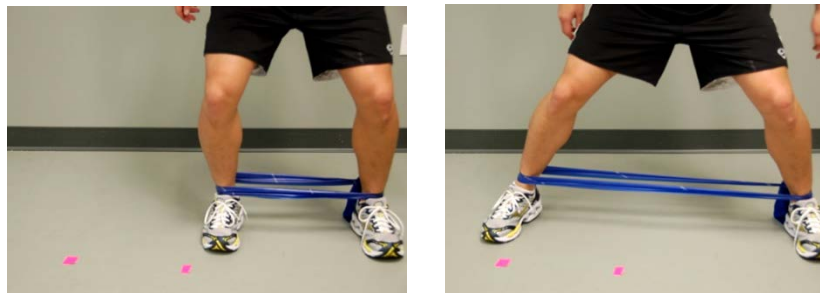
Frequency: 3 sets. 3 times per week
Goal: *Increase hip abductor strength*



Clam Shell

Patient lies on their side, knees bent 90 °
Keeping feet together, slowly raise knee towards the ceiling
Squeeze gluteal muscles.
Hold 5 sec. Repeat 10-15 times

Frequency: 3 sets 3 times per week.
Goal: *Increase glute medius strength*



Lateral Slides

Place theraband around both ankles.
Stand with knees and hips slightly bent.
Take a 6-8 inch step to the side, followed by the other foot.

Repeat 10 times both directions
Frequency: 3 sets 3 times per week
Goal: *Increase hip strength*