**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.
**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  
**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  
**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  
**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  
**Goal:** Increase hip strength