

Iliotibial (IT) Band Release Protocol

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- A. Phase 1 – ROM/Flexibility, Light strength
 1. Gait: WBAT using appropriate AD. Wean from AD as gait quality and strength indicate.
 2. ROM - Gentle P/AA/A ROM to tolerance in all planes
 3. Frequent cryotherapy and modalities as indicated.
 4. Exercise
 - a. Comprehensive LE flexibility program with focus on gentle/LLLD IT Band stretches
 - b. Light, but progressive OKC, CKC, Balance/Proprioceptive work
 - c. Progressive core strengthening
 - d. Non-impact cardio
- B. Phase 2 – Progressive agilities, impact activities, return to sport
 1. Continue strength work
 2. Continue comprehensive flexibility and IT Band stretching work
 3. Transition to jogging and sport specific activities
 4. Progressive impact, agilities, plyometrics
 5. Streamlining for sport