

# 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