

## **ILIOTIBIAL BAND TENDONITIS**

### **GOALS:**

- Reduce pain/inflammation/ecchymosis
- Maximize ROM/flexibility of ITB
- Maximize strength of hip/thigh musculature
- Normalize gait pattern with/without assistive device
- Educate client in home exercise program and self-management techniques
- Return to ADL's/recreational/occupational activities

### **PHASE I – Maximal Protection Phase**

- Use assistive device as necessary to normalize gait pattern
- Anti-inflammatory/pain modalities to iliotibial band (at hip or knee)
- Flexibility exercises for ITB, HS, Quadriceps, Piriformis, TFL etc.
- Advise in ADL's/home exercise program/self-management techniques

### **PHASE II – Moderate Protection Phase**

- D/C assistive device when gait pattern has normalized
- Continue anti-inflammatory modalities prn
- Begin soft tissue massage as indicated (cross friction etc)
- Progress ROM exercises/flexibility exercises (passive stretch→contract/relax)
- Initiate strengthening (emphasize thigh and hip strengthening with proper form in closed chain)
- Initiate endurance exercises:
  - Stationary cycling (high seat, low resistance)
  - Swimming
  - Stairmaster
  - Treadmill

### **PHASE III – Minimal Protection Phase**

- Continue ROM and flexibility exercises
- Progress strengthening as tolerated
- Progress endurance activities and begin form running/jogging as tolerated
- Initiate agility/plyometric/return to sport program
- Evaluate running/sport mechanics as it relates to ITB tendonitis
- Educate client in HEP and appropriate time-table for return to sport/recreational/occupational activities



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