



Connecticut Orthopaedics

Sports Therapy | Rehab



ITB SYNDROME - TREATMENT AND PREVENTION PROGRAM

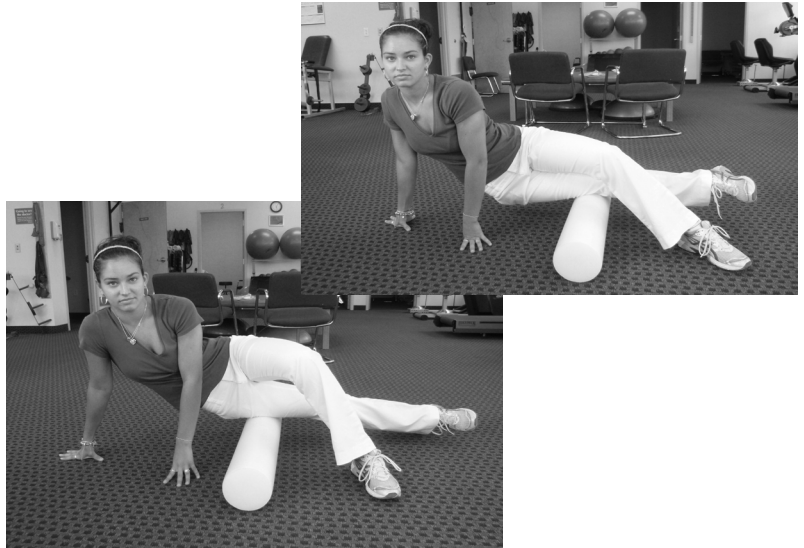
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ITB FOAM ROLLOUT

1. Lay affected side on foam roll
2. Cross top leg over with knee bent
3. Start at hip, roll side of leg down to knee
4. Repeat back and forth 30x



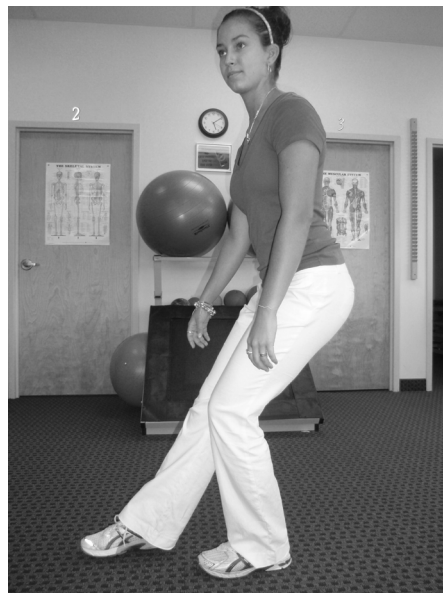
ITB SUPINE STRETCH

1. Lay flat on your back
2. Pull leg up and across your body
3. Stretch should be felt along hip
4. Hold 30 seconds 5x



SINGLE LEG SQUAT

1. Standing on affected leg squat down to between 45-60°
2. Be aware that knee is not going past toes, and that knee is not bending inward
3. Repeat 10x for 3 sets



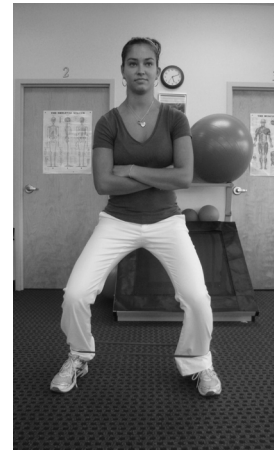
STANDING ITB STRETCH

1. Cross legs, with affected leg behind
2. Bend torso to side opposite of affected leg
3. Hold 30 seconds 5x



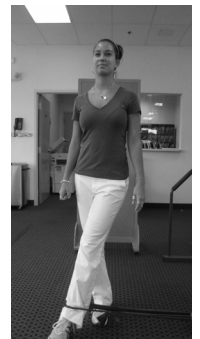
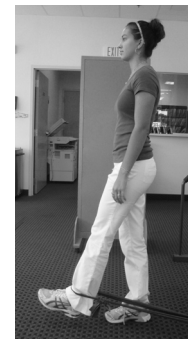
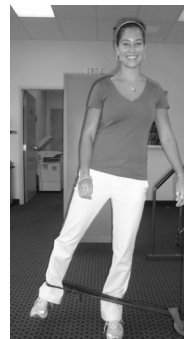
LATERAL BAND WALKS

1. Tie band around ankles
2. Squat down into athletic stance
3. Sidestep leading with your left 10 steps
4. Sidestep leading with your right 10 steps
5. Repeat 3x



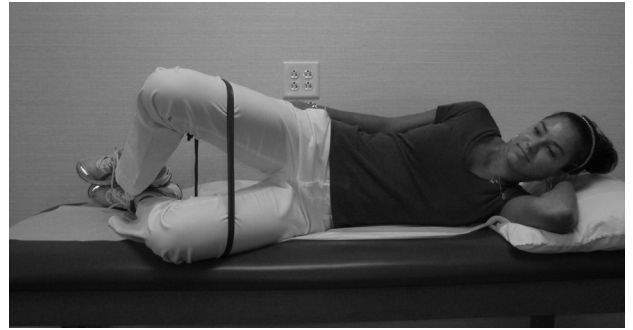
HIP 4-WAY

1. Tie theraband around affected ankle and sturdy pole
2. Start facing pole and kick back (away from pole) slowly 30x
3. Turn right, kick out (away from pole) slowly 30x
4. Turn right, kick forward (away from pole) slowly 30x
5. Turn right, kick across body (away from pole) slowly 30x



CLAM

1. Lying on side (affected side up), with feet together, hips and knees bent at 45°
2. Lift top knee toward ceiling, keeping feet together
3. Repeat for 3 sets of 10



PIRIFORMIS STRETCH

1. Lay flat on your back
2. Cross affected leg across opposite leg
3. Pull uninvolved leg toward chest
4. Apply overpressure to knee of affected side
5. Hold 30 seconds 5x



STRAIGHT LEG RAISE

1. Lay on back with unaffected leg bent
2. Straighten affected leg (tighten quad) slowly lift leg up
3. Repeat 3 sets of 10



QUAD SETS

1. Lay flat on back with towel roll under affected knee
2. Press down into towel with knee squeezing quad muscle
3. Hold contraction 5 seconds repeat 30x

