



## **IT Band Release Rehab Protocol**

### **Post-Operative Period**

#### **Weeks 0-2**

- Hip and Knee ROM: Extension to Full Flexion
- Patellofemoral joint mobilizations: medial patella glides
- Gentle massage
- Gradual ITB stretching
- Progressive resistance exercises for quadriceps, hamstring, hip adductors
- Isometric exercises for hip abductors
- Modalities: NMES

#### **Weeks 3+**

- Progressive resisted isotonic exercises
- Lower extremity strengthening program starting in week 4