



REHAB PROTOCOL FOR ITB RELEASE

Treatment Plan: 2x/wk for 8 weeks

- Flexibility of iliopsoas complex to improve hip extension and decrease load on hip flexor attachment and peri-ASIS structures.
- Quadricep, Hip flexor, Abductor, Hamstring, ITB stretching (VMO)
- Strength of gluteal region muscles with focus on gluteus medius and maximus with care to isolate these muscles with proper form of hip extension along with minimizing activation of TFL, ITB and hip flexors.
- Flexibility of ITB through manual and self stretching along with lateral glides and tilt mobilizations of patella to address superficial and deep fibers of lateral retinaculum.
- STM of iliopsoas, ITB to assist with healing and general flexibility.
- Mobility of rearfoot including talocrural distraction and posterior glide as well as subtalar distraction and lateral glide. This will allow for improved ankle dorsiflexion as well as increase rearfoot pronation to assist in shock absorption during contact phases of walking and running.
- Flexibility of gastroc-soleus complex with care to create a supinatory bias in order to minimize compensatory pronation through midfoot.
- Modalities as indicated