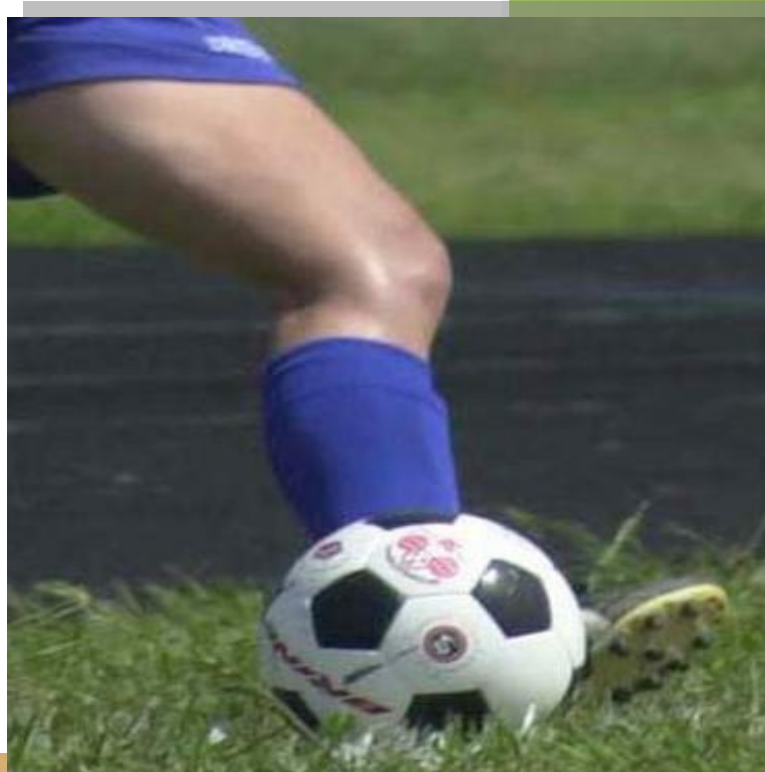




ITB Syndrome - Treatment and Prevention Program



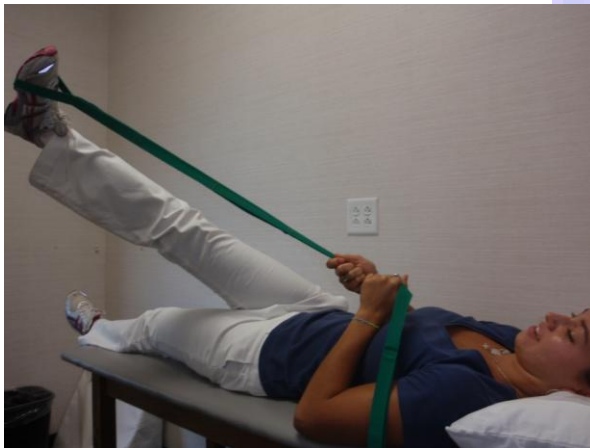
Peter A. DeLuca, M.D.
Connecticut Orthopaedic Specialists
STAR Sports Therapy

ITB SYNDROME PROTOCOL



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
5. To Purchase a 6" x 36" foam roll, visit your local sports equipment store or log on to www.foamerica.com

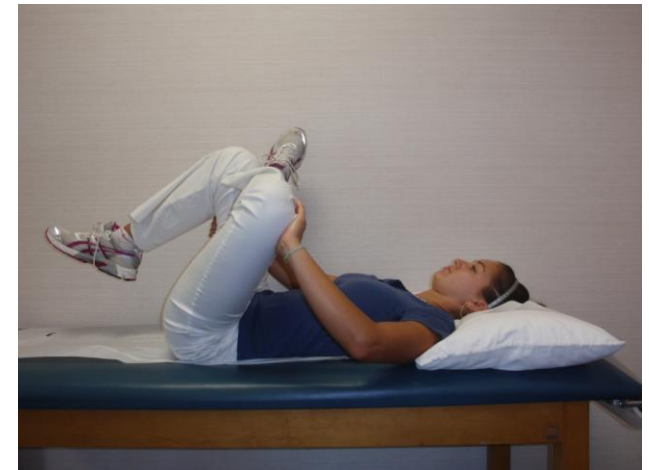


PIRIFORMIS STRETCH

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 sec 4x

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 sec 4x



ITB SYNDROME PROTOCOL



STANDING ITB STRETCH

1. Cross affected leg behind the other
2. Bend torso to side opposite of affected leg
3. Hold 30sec 4x

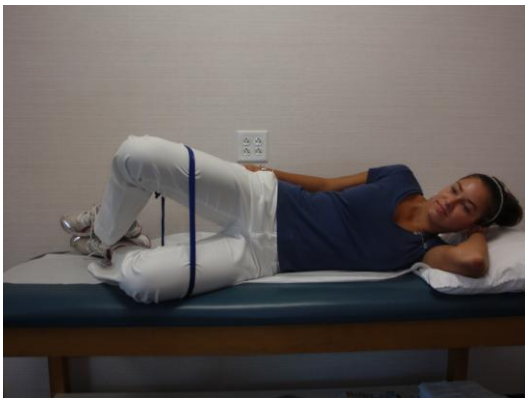


LATERAL BAND WALKS

1. Tie band around ankles
2. Squat into athletic stance
3. Side-step, leading with your left leg 10 steps
4. Side-step, leading with your right leg 10 steps
5. Repeat 3-5x

CLAMS

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



QUAD SETS

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

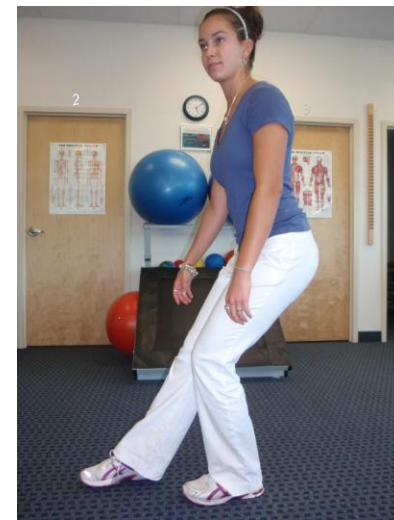


ITB SYNDROME PROTOCOL



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



SINGLE LEG SQUAT

1. Standing on affected leg squat down to between 45-90°
2. Be aware that knee is not going past toes, and that knee is not bending inward
3. Repeat 10x for 3 sets

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

