



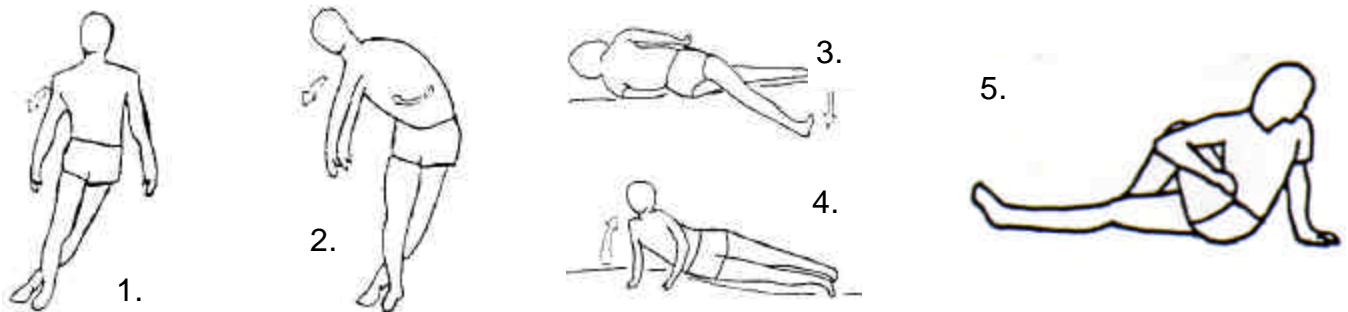
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Iliotibial Band Syndrome Rehabilitation

Phase I

- A. Ice massage before and after exercise and as often as possible between exercise sessions.
- B. Non-steroidal anti-inflammatory (NSAID) medication as prescribed by a physician.
- C. Phonophoresis or Iontophoresis with knee in slight flexion as prescribed by physician.
- D. **Stretching exercises** to be performed 2 - 3 times a day. Hold each stretch for 10 - 30 seconds, repeat 3 - 5 times per session.
 1. Cross injured leg behind uninjured leg. Keeping knees straight, lean body towards uninjured side.
 2. Place injured leg in same position as above. Rotate trunk and reach toward the back of the uninjured leg.
 3. Lie on a bed or table on uninjured side. Straighten injured leg back behind you and let it hang over the side of the bed or table.
 4. Lie on injured side, keeping trunk, hips and knees in a straight line. Keeping legs in this position, push up to a sitting (sideways) position. It may be necessary to cross injured leg over for balance.
 5. Sit on floor or table. Cross right leg over left thigh, placing right foot outside of the left knee. Place left elbow on outside of right knee. Gently stretch by pushing right elbow into left knee. Keep back straight while stretching. Hold for 10 seconds and repeat for opposite side. Repeat 3 - 5 times for each side.



Phase II

Upon return to full activity the athlete will need to:

1. Perform all stretches.
2. Attempt activity until tightness (not discomfort) is felt on the outside of the knee.
3. Once the tightness is felt on the outside of the knee, stop activity and perform stretches. Do not attempt any more activity that day.
4. Each day, do the stretches and try to activities until tightness is felt. Goal is to finish full workout without tightness.
5. Ice massage after activities.