

Knee Iliotibial Band Release Rehabilitation Protocol

	Weight-bearing	Brace	Range of Motion	Exercises
Phase 1 0-2 weeks	As tolerated	None	As tolerated	Calf pumps, patellar mobilization, quadriceps tightening sets and SLR, stationary bike as tolerated
Phase 2 2-4 weeks	Full with normal gait pattern	None	Full	Progress Phase 1 exercises excluding impact or jumping Cycling and elliptical as tolerated Advance core work with hip, gluteal and core strengthening
Phase 3 4-12 weeks	Full	None	Full	Progress sport-specific exercises Initiate running activity Maintain core work with hip, gluteal and core strengthening Home Exercise Program to include maximal gluteal/hip/core and foam roll.

SLR – Straight-leg raise;

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