

# Knee Iliotibial Band Release Rehabilitation Protocol

	<b>Weight-bearing</b>	<b>Brace</b>	<b>Range of Motion</b>	<b>Exercises</b>
<b>Phase 1</b> 0-2 weeks	As tolerated	None	As tolerated	Calf pumps, patellar mobilization, quadriceps tightening sets and SLR, stationary bike as tolerated
<b>Phase 2</b> 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
<b>Phase 3</b> 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;