



**Travis G. Maak, M.D.**  
590 Wakara Way  
Salt Lake City, UT 84108  
Tel: (801) 587-7109  
Fax: (801)587-7112  
Lic. # 8234797-1205

## Physical Therapy Prescription Iliotibial Band Syndrome Rehab

**Patient Name:**

**Date:**

**Dx: (LEFT/RIGHT) ITB Syndrome**

**Modalities:**

- Evaluate & Treat. Assess for postural imbalances and movement pattern dysfunction
- Teach corrective exercises as indicated
- WBAT, Gait training
- Range of Motion – Pain free AROM / AAROM / PROM
- Progressive strengthening CKC –
  - Hamstrings / Hip Adductors / Hip Abductors / Hip Flexors
  - Gluteals / Gastroc-Soleus
- ITB mobilization / Decrease neural tone of lateral thigh
- Balance training, Proprioception
- Core control / Pelvic stability beginning in neutral, progress to multi-planar movements
- Intrinsic foot strength to limit rate of pronation
- Modalities prn (ultrasound, e-stim, iontophoresis)

**Frequency & Duration:** (circle one) 1-2    2-3 x/week for \_\_\_\_\_ weeks

\*\*Please send progress notes.

**Physician's Signature:** \_\_\_\_\_ **M.D.**