

IT Band / Trochanteric Bursitis Protocol
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Phase One (acute phase):

Goals = Resting Pain 0/10

- Maintain optimal tissue healing environment
- Patient education in etiology of symptoms / activity modification
- Control inflammation
- Full pain-free hip AROM all planes
- 1. AROM in pain-free ranges hip flex/ext/abd/add/ER/IR
- progress gravity minimized → anti-gravity
- 2. STIM to IT Band
- 3. IT band manual and active stretching
- 4. Stationary bike
- 5. Iontophoresis, estim, ultrasound prn for pain, inflammation
- 6. Quadriceps strengthening / Adductor strengthening
- isometrics → SLR as able pain-free
- leg ext

Phase Two (restorative phase):

Goals = Promote optimal tissue healing environment

- Restore strength and endurance of LE
 - Gait level surfaces and stairs without pain or compensation
 - Return to sport / function
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- 1. Continue modalities prn
 - 2. Continue phase one exercises, progressing within pain-free tolerance
 - 3. Gait training
 - 4. Pelvic stabilization if abductor weakness noted
 - 5. OKC hip strengthening
 - 4 way hip machine
 - Theraband
 - Cuff weights
 - 6. Progress to CKC strengthening
 - leg press
 - wall slides
 - step ups (forward → lateral)
 - 7. Stairmaster and/or elliptical trainer
 - 8. CKC theraband (stand on involved LE and perform hip flex/ext/ab/ad with uninvolved LE)
 - 9. Sport-specific / Functional training