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KNEE PHYSICAL THERAPY PRESCRIPTION FOR ITB TENDONITIS

MODALITIES: THERAPEUTIC EXERCISES:

- Hot pack PRE's: Muscle Groups for strengthening (pain free only):
- Cryotherapy (Quad / Hamstring / Hip Flexor)
- Ultrasound Isotonic:
- Phonophoresis Theraband
- Electrical Stimulation Machine / Free Weights
- Ionotophoresis Open chain
- Whirlpool Closed chain
- Eccentric training

- ### **PROCEDURES:** Isometric (pain free only):
- Range of Motion: Submaximal effort
 - Active Maximal effort
 - Active assisted Proprioceptive Training:
 - Passive Functional training for balance
 - Joint Mobilization Coordination exercises
 - Soft Tissue Mobilization: (Medial / Lateral)
 - Flexibility:
 - Stretch the following:
(Quad / Hamstring / Hip Flexor)
 - Self-stretching
 - Manual stretching (therapist assisted):
 - Static
 - Contract-release