



ATTENTION PHYSICAL THERAPISTS—STRESS IMPORTANCE OF THE FOLLOWING:

- Place patient in brown compression stocking (20-30 mmHg) at first PT appointment. Wear during daytime only and d/c at night—instruct patient/family member how to don/doff stocking
 - May discharge when no swelling or effusion- typically 3-4 weeks p/o
- Stress early knee extension. Should reach full knee ext by 2 weeks post-op.
- Stress no pillows under popliteal fossa. Always under calf/heel only to progress knee extension.

**REHABILITATION GUIDELINES
KNEE ITB (ILIOTIBIAL BAND) RELEASE**

DOS:

| | WEIGHT BEARING | BRACE | ROM | EXERCISES |
|------------------------------|-----------------------|--------------|--------------|--|
| PHASE 1 0-2 weeks | As tolerated | None | As tolerated | Heel slides, quad/hamstring sets, SLR, planks, bridges, abs, step-ups, and stationary bike as tolerated. Modalities, foam roll Patellar mobs 2 weeks |
| PHASE 2 2-4 weeks | Full | None | Full | Progress Phase I Exercises Add sport specific exercises as tolerated Cycling, elliptical, running as tol |
| PHASE 3 4-12 weeks | Full | None | Full | Advance sport specific exercises as tol Maintenance core, glutes, hip, and balance program HEP to include maximal hip/core/glutes and foam roll Scar mobs 4-6 weeks when adequate healing |