

**KNEE ITB (ILIOTIBIAL BAND) RELEASE
REHABILITATION PROTOCOL
Dr Aukerman (Revised 3/22/18)**

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.

	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