



# Brian Waterman, MD

SPORTS MEDICINE & ORTHOPEDICS

## Post-Operative Rehabilitation Guidelines for knee IT band Lengthening

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery \_\_\_\_\_

Frequency: 1 2 3 4 times/week

Duration: 1 2 3 4 5 6 Weeks

### Phase I

#### Weeks 0-2:

- Weight bearing as tolerated
- No brace
- Full Active/Passive ROM
- SLR, Heel Slides, Quad/Hamstring Sets, Calf Pumps
- Patellar Mobilization, planks, bridges, abs, step-ups and stationary bike as tolerated
- Modalities, foam roll

### Phase II

#### Weeks 2-4:

- Full Weight Bearing
- Full ROM
- Progress Phase I exercises
- Add sport specific exercises as tolerated
- Cycling, elliptical, running as tolerated
- Modalities PRN

### Phase III

#### Weeks 4-12:

- Advance sport specific exercises as tolerated
- Maintenance core, glutes, hip and balance program
- HEP to include maximal glutes/hip/core and foam roll

### Comments:

Functional Capacity Evaluation  Work Hardening/Work Conditioning  Teach HEP

### Modalities:

Electric Stimulation  Ultrasound  Iontophoresis  Phonophoresis  
 TENS  Heat before/after  Ice before/after  Trigger points massage  
 Therapist's discretion  
 Other \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_