

Post-Operative Rehabilitation Guidelines for knee IT band Lengthening

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