DEPARTMENT OF ORTHOPEDIC SURGERY SPORTS MEDICINE

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REHABILITATION FOR IT BAND EXCISION AT THE KNEE MARC R. SAFRAN, MD

Knee Immobilizer

7 days
Post op ROM
Knee flexion / extension supine and sitting
Progress to prone heel to buttock with knees together
ITB stretches

At 14 days:

Strength program working 0-20 / 25 and 45-90 trying to avoid rubbing ITB over epicondyle and not irritate area of excision (may vary based on intra-operative identification of exact zone where IT Band rubs over the epicondyle

Wait 4-8 weeks for biking and running to give soft tissue time to calm down.