

# **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.