

Physical Therapy Prescription ITB Debridement & Repair

Patient Name:

Date:

Surgery Date:

Dx: s/p (LEFT / RIGHT) ITB DEBRIDEMENT & REPAIR

2 Weeks s/p ITB Debridement & Repair

- Progress ROM 0 -120°. Passive terminal extension (40° - 0°)
- Quadriceps re-education E-stim / Biofeedback
- Isometrics at 90° / Straight Leg Raises
- Patellar mobilization
- Short crank bicycle ergometry
- Cryotherapy
- Open brace from 0-40° at 4 weeks
- Goals - 90° flexion by end week 2

6 Weeks s/p ITB Debridement & Repair

- Discontinue brace
- Begin squat/step program
- Continue closed chain Quadriceps strengthening in full arc (leg press, wall slides)
- Hamstring stretching & Strengthening
- Begin retro program
- Nordic track

12 Weeks s/p ITB Debridement & Repair

- Quadriceps Isotonics - full arc for closed chain. Open chain: 90° - 40° arc.
- Iliotibial Band stretching & Strengthening
- Begin functional exercise program
- Isokinetic Quadriceps with distal pad
- Begin running program at 18 weeks

24 Weeks s/p ITB Debridement & Repair

- Full arc progressive resistance exercises - emphasize Quads
- Agility drills
- Advanced functional exercises
- Progress running program - cutting
- Plyometrics

Frequency & Duration: (circle one) 1-2 2-3 x/week for _____ weeks

**Please send progress notes.

Physician's Signature: _____ M.D.