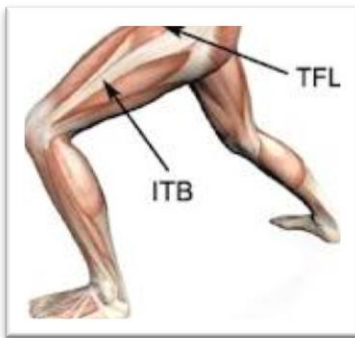


POST-OPERATIVE GUIDELINES FOLLOWING AN ILIOTIBIAL BAND (ITB) RELEASE

It is advised that an appropriate stretch and strengthening programme is followed following an ITB release.

The strength exercises focus on your abductor muscles (outer thigh muscles) and gluteus medius muscle.

Your physiotherapist will guide you through the stretch and strength programme in hospital, or alternatively you may book a single out-patient session.



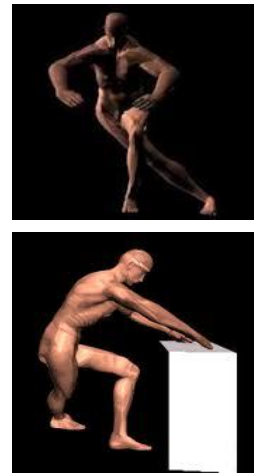
(TFL) Tensor fascia lata stretches:



Repeat:

- **2 Times**
- **Sets: 1**
- **Hold Time: 1 Minute**

ITB stretches:



Repeat:

- **2 Times**
- **Sets: 1**
- **Hold Time: 1 Minute**

Also to be included is the 90/90 ITB stretch.

Exercises:

1. Lateral leg raises with theraband around ankles.
2. Clam shell with theraband around knees.
3. One leg bridge (progress to step, then ball).
4. One leg squat off step.
5. Side stepping with theraband around ankles.
6. Hip hikes.

(3 x 15 each, 4 x weekly)

You may commence cycling / swimming between 2 to 3 weeks (pain free) and running at 4 to 6 weeks.



Good luck with your rehabilitation!