


## Ilio-Tibial band - Post-operative – Late stage exercises



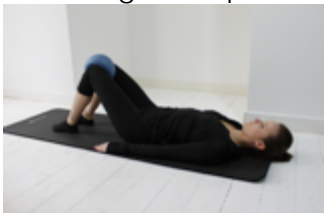
This programme has been designed for patients of The London Hip Practice who have had an Ilio-Tibial band (ITB) release. The exercises shown in this guide are intended help you regain control of your hip joint, strengthen the muscles that support your hip and help you recover from your operation. However, exercises are only helpful if you are able to do them without irritating the soft tissues around your hip. You should be aware that tissue healing continues for many months and soft tissue swelling takes a similar period of time to resolve. It is acceptable to experience a small increase in discomfort on the day that you




undertake the exercises. However, if your hip is more painful the next day, then you should reduce the programme.


We recommend that all exercises should be delivered under the care of a physiotherapist, experienced in this work. If any exercise is painful, you should stop it. You may be doing the exercise incorrectly, too intensively, too often or there may be a problem with your tendon release. Your physiotherapist is welcome to contact our team if they have any queries. Please see our website for contact details [www.londonhips.co.uk](http://www.londonhips.co.uk)



All exercises must be pain free and delivered under the care of a physiotherapist


Set	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
1	Standing ITB stretch 	<ul style="list-style-type: none"> <li>• Stand with the foot of your operated hip behind and on the other side of your other foot</li> <li>• Bend your trunk away from the operated hip</li> <li>• Hold the stretch</li> </ul>	Nil	10-30 seconds as tolerated	2	am and pm

Set	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
2	<p>Ball squeezes at 0 degrees hip bend</p>  <p>at 45 degrees hip bend</p>  <p>at 60 degrees hip bend</p> 	<ul style="list-style-type: none"> <li>• Lie on your back</li> <li>• Place a LARGE football sized slightly squashy ball or a large rolled towel between your knees so that your knees are hip width apart</li> <li>• Squeeze the ball or towel between your knees to approximately 40-60% effort</li> <li>• Hold the squeeze</li> <li>• Change to the next angle</li> <li>• Then repeat the entire cycle of angles one after the other</li> </ul>	Nil	30 second hold at each angle	4 cycles	x 1 Daily

Set	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
3	Bridging on a chair / weight bench / sofa seat a)   b) 	<ul style="list-style-type: none"> <li>• Lie on your back, heels resting on a chair seat, sofa or a weight bench</li> <li>• Hips and knees bent to about 90 degrees</li> <li>• Lift your hips up using 2 legs</li> <li>• Lower your hips to the floor</li> </ul> <p>When you can easily complete 5 sets of 20 repetitions of 3a, you can progress this exercise</p> <ul style="list-style-type: none"> <li>• Lie on your back, heels resting on a chair seat or weight bench</li> <li>• Hips and knees at about 90 degrees</li> <li>• Lift your hips up using 2 legs</li> <li>• Lower your hips using 1 leg</li> <li>• Alternate the lowering leg to begin with</li> </ul> <p>When you are able to complete no less than 4 sets of 20 repetitions of alternating the lowering leg, change to:</p> <ul style="list-style-type: none"> <li>• Up on 2 legs and lowering sequentially on the same leg</li> </ul>	Body weight	12-20 as able	2-3-5 sets as able	x 1 Daily





Set	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
4	<p>Hip bends on the ball with resistance</p> <p>(This exercise should not provoke pain in the groin area or outside hip area – only bend the hip a comfortable distance)</p> 	<ul style="list-style-type: none"> <li>• Lie on your back, heel rests on a 55-65cm ball</li> <li>• Heavy resistance band around your leg above your knee</li> <li>• Lightly dig your heel in to the ball to control it</li> <li>• Roll the ball up towards you from about 70 degrees hip bend up to about 110 degrees and back to your start position at 70 degrees</li> </ul>	Heavy resistance band	12 – 20 as able	3	x 1 Daily



Set	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
5	<p>Plank series:</p> <p>Once you can do the short lever front plank from the mid-stage programme for 1 minute, progress to 5a</p> <p>a) Long lever front plank</p>  <p>Once you can do the short lever side plank from the mid-stage programme for 30 seconds, progress to 5b</p> <p>b) Long lever side plank</p> 	<ul style="list-style-type: none"> <li>• Upper body weight on your elbows</li> <li>• Lower body weight on your feet</li> </ul> <ul style="list-style-type: none"> <li>• Upper body weight on your lower elbow</li> <li>• Lower body weight on your outside, lower foot</li> </ul>	Body weight	<p>30 seconds – 2 minutes as able</p> <p>10 seconds – 1 minute as able</p>	<p>2-4 as able</p> <p>2-4 as able</p>	x 1 Daily

Set	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
6	Mini static squat against wall with resistance band above knees 	<ul style="list-style-type: none"> <li>• Feet parallel</li> <li>• Stick your bottom out as you descend</li> <li>• Perch your bottom lightly against the wall</li> <li>• Push your knees hard in to the band and hold</li> </ul>	Heavy resistance band around knees	1 minute	4 as able	x 1 Daily





Set	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
8	<p>Lateral hip series</p> <p>Hold the leg out straight and hold</p>  <p>Hold the leg out straight – draw small controlled circles with the whole leg</p>  <p>Hold both legs out straight and lift</p>  <p>Hold both legs out straight lift both the top and bottom leg</p> 	<ul style="list-style-type: none"> <li>• Lie on your side</li> <li>• Lower leg bent</li> <li>• Affected leg is lifted out straight and held in line with your shoulder and hips</li> <li>• Static</li> </ul>			Nil	<p>Each drill 10 seconds to start</p> <p>add 10 seconds to each drill every 7 days until you are performing each exercise for 1 min</p>

Set	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
9	<p>Calf series – heel raises</p> <p>a) Feet parallel</p>  <p>b) Feet turned out</p> 	<ul style="list-style-type: none"> <li>• Use the wall for balance</li> <li>• Lift in 1 second, lower your heels back to the ground in 2 seconds</li> </ul>	Body weight	12-20 each as able	2-3 as abled	Every other day