



Ilio-Tibial Band release - Post-operative – Mid stage exercises



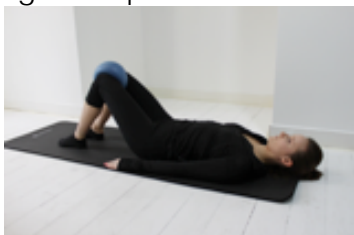
This programme has been designed for patients of The London Hip Practice who have had an Ilio-Tibial band (ITB) release. The exercises shown in this guide are intended help you regain control of your hip joint, strengthen the muscles that support your hip and help you recover from your operation. However, 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


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"> ▪ Stand with the foot of your operated hip behind and on the other side of your other foot ▪ Bend your trunk away from the operated hip ▪ Hold the stretch 	Nil	10-30 seconds as tolerated	2	am and pm
2	Four point kneeling rocking 	<ul style="list-style-type: none"> • Position on all fours • Keep your back still and rock backwards through the hips • Only move the pain free range 	Nil	1	10	x 2 Daily as tolerated

Set	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
3	<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"> ▪ Lie on your back ▪ Place a LARGE football sized slightly squashy ball or a large rolled towel between your knees so that your knees are hip width apart ▪ Squeeze the ball or towel between your knees to approximately 40-60% effort ▪ Hold the squeeze ▪ Change to the next angle ▪ Then repeat the entire cycle of angles one after the other <p>NB. If the squeeze is painful around the outside of the hip around the operation site, pad the ball out with extra towels so that your knees are slightly wider apart than your hips. This will reduce compression at the operation site.</p> <p>If the squeeze is painful on the inside thigh, try squeezing less vigorously, even a 20% squeeze is a good start. If the squeeze is still painful, only perform the squeezes at the angles that are entirely pain free.</p>	Nil	20 second hold at each angle	4 cycles	x 2 Daily as tolerated

Set	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
4	Static isometric external rotation 	<ul style="list-style-type: none"> ▪ Lie on your tummy ▪ Knees apart and feet together ▪ Squeeze your heels together to activate your gluteal muscles 	Nil	10 second hold	12	x 2 Daily as tolerated
5	Static isometric bridging 	<ul style="list-style-type: none"> ▪ Lie on your back ▪ Knees bent and feet flat on the floor ▪ Lift your hips and hold ▪ Descend and repeat 	No resistance	15 second hold	2-3 as able	x 2 Daily as tolerated

Set	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
6	Static resisted hip bend 	<ul style="list-style-type: none"> • Lie on your back with your lower legs resting on a chair seat • Hips and knees bent to 90 degrees • Place one hand on the knee of your operated leg • Push the knee in to your hand 	Self resistance	10 second hold	10	x 2 Daily as tolerated
7	Plank series: a) Short lever front plank  b) Short lever side plank 	<ul style="list-style-type: none"> ▪ Upper body weight on your elbows ▪ Lower body weight on your knees <ul style="list-style-type: none"> • Upper body weight on your elbows • Lower body weight on your outside lower knee 	Body weight	10 seconds to 1 minute as able	3	x 2 Daily as tolerated
				10 – 30 seconds as able	4	

Set	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
8	Static mini wall squat with band around knees 	<ul style="list-style-type: none"> • Put a looped theraband around your thighs just above your knees • Back against the wall • Walk your feet forward a little • Feet parallel and hip distance apart • Descend into a mini squat • Push your knees out against the band hard 	Medium resistance band	20-30 second hold	4	X 2 Daily as tolerated

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"> • Use the wall for balance • Heel raises • Lift in 1 second, lower your heels back to the ground in 2 seconds 	Body weight	12 each	2-3 as tolerated	X1 Daily