



Mid-America Orthopedics

Dr. John Babb

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Knee PROCEDURE: ITB lengthening and bursectomy

Precautions (6 weeks)

- WB restrictions: WBAT with crutches for assistance for 1-2 weeks
- Controlled motion knee brace unlocked until strength is 80% of nonoperative leg

Day 1 through 2 Weeks

- PT removes bandages on POD #3, keep steri-strips intact until Dr Babb can remove them.
- No ointments, betadine etc should be used on the incisions or portals.
- If any drainage/oozing is present, re-cover with 4x4's, and notify Dr Babb (may need antibiotics).
- **NO ice bags** on any oozing or open wounds without being covered first with a bandage.
- If any wounds are oozing delay range of motion until wounds are closed and healed.
- **NO water on wounds** for 2 weeks (including showers) even if covered, no submersion of wounds in water (baths) until wounds are scars.
- **BRACE: unlocked**
- **ROM:**
 - As tolerated
- **Exercises:**
 - Quadriiceps isometric strengthening exercises

4 weeks

- **Exercises:**
 - nonimpact workout is started with stationary biking and swimming
 - balance recovery
 - close chain exercises

8 weeks

- **Exercises:**
 - plyometric progression protocol
 - jumps
 - pivoting drills

A progressive return to sports program begins once the patient has achieved appropriate lower extremity strength, range of motion, and proprioception

May return to sports 12 weeks after surgery

Patient progression during the time frames along with general modality and exercise choice is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 630-9300.