

**STEVEN CHUDIK MD**  
**SHOULDER, KNEE & SPORTS MEDICINE**

## Iliotibial Band Release/Lengthening Surgery

### Surgery Indications

The iliotibial band is the tendon attachment of hip muscles into the tibia (lower leg) just below the knee to the outer side of the front of the leg. Where the tendon passes the lateral femoral condyle (outer knee) there is a bursa sac between the bone and the tendon. This tendon moves over a bony bump at the outer knee as it passes in front and behind it. The bursa functions like a water balloon to reduce friction and wear of the tendon against the bony bump. In this condition, overuse causes excessive friction at this bump, resulting in inflammation and pain of the bursa (bursitis), tendon (tendinitis), or both. When symptoms persist despite non-operative treatment with physical therapy and pain relieving modalities, surgery can be warranted.

### Contraindications

- Inability or unwillingness to complete the postoperative program or to perform the rehabilitation necessary
- Infection of the knee (current or previous; not an absolute contraindication)

### Risks and Complications of Surgery

- Infection or injury to nerves (numbness) of the knee, leg, and foot
- Swelling or continued pain on the outside of the knee
- Re-injury and aggravation of the iliotibial band bursa
- Knee stiffness (loss of knee motion) or muscle weakness
- Recurrent dislocation or subluxation of the patella
- Clot in the veins of the calf or thigh (deep venous thrombosis, phlebitis) that may break off in the bloodstream and go to the lungs (pulmonary embolus) (rare)

### Hospitalization and Anesthesia

- Outpatient surgery (you go home the same day)
- General anesthetic, femoral block (see *Your Surgical Experience* booklet.)



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### General Surgical Technique

The technique for relieving iliotibial band syndrome requires making a small incision on the outside of the knee. Next, the inflamed and aggravated bursal tissue between the band and the outside of the lateral femoral condyle is excised along with small incisions made along the band to lengthen it releasing some of the tension causing symptoms.



Incision along the iliotibial band near the knee

### Post-Operative Course

- Crutches for comfort and weight bearing as tolerated
- Keep the wound clean and dry for the first 10 to 14 days after surgery. Showering lightly after two weeks, but wounds cannot be submerged under water for three weeks
- Driving after crutches are discontinued
- Return to school/sedentary work in less than one week as long as it is tolerable
- Physical therapy to restore motion, strength, and proprioception (balance) for up to three to four months
- **Dr. Chudik's Functional Capacity Evaluation** to insure not only that your knee is fully rehabilitated, but also that any errors in movement patterns known to put patients at risk for reinjuring their reconstruction and their other knee were corrected

### Return to Activity

- Return to walking and regular daily activities within two to four weeks
- Return to running at about three months post-op
- Return to sports at three to four months post-op



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### Preoperative instructions

- Discontinue birth control pills
- Stop blood thinners such as aspirin, Coumadin<sup>®</sup>, Lovenox<sup>®</sup>, Xarelto<sup>®</sup>, Eliquis<sup>®</sup> according to the prescribing doctor's directions
- Stop anti-inflammatory medicines such as ibuprofen, Advil<sup>®</sup>, Motrin<sup>®</sup>, Naprosyn<sup>®</sup>, Alleve<sup>®</sup>, etc.)
- Stop nutritional supplements and drinks like Vitamin C, ginseng, ginkgo biloba, etc.
- Stop smoking for surgery and during the first six weeks postoperatively to allow proper tissue healing

**Do not eat or drink anything from midnight, the evening before surgery**

### Scheduling Surgery

Call Dr. Chudik's surgery scheduler at 630-324-0402, or email [contactus@chudikmd.com](mailto:contactus@chudikmd.com) to:

- Schedule the date and location of surgery
- Schedule an appointment with Dr. Chudik's PA to complete pre-operative surgical education and other requirements
- Schedule a post-operative appointment with Dr. Chudik's team to remove sutures and review post-op instructions

**Notify My Office if Symptoms Worsen**



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Schedule online now