



Children's Hospital Los Angeles

International Leader in Pediatrics

Iliotibial Band ACL Reconstruction

What is an Iliotibial band (ITB) reconstruction?



Iliotibial band ACL reconstruction is a type of ACL (anterior cruciate ligament) surgery for younger children whom the growth plates in their femur (thigh) and tibia (shin) bones are still open. Usually these children are pre-pubescent, meaning they have not gone through puberty yet. The ITB ACL surgery spares the growth plates of the bones by not drilling through them to replace the ACL. This is done so children can continue to grow at their thigh and shin bone. Instead of using the hamstring tendon, the doctor uses the Iliotibial band, a ligament on the side of the thigh, to restore the ACL.

http://www.beliefnet.com/healthandhealing/images/si55551499_ma.jpg

What else is different about this surgery?

Post-operative Care:

You will still need a Bledsoe brace for 6 weeks after surgery. Usually you are able to weight bear on your knee after the surgery. The doctor will let you know after surgery if this is different. Please bring both the brace and crutches on the day of surgery. This surgery requires that you stay overnight in the hospital to monitor your pain control. Usually you are able to go home the following day.

Physical Therapy:

Similar to the other ACL surgeries, physical therapy is very important after surgery for complete recovery. It is important to start moving your knee as soon as possible after surgery to prevent stiffness in the knee. This can be done while laying on the couch at home or at your physical therapist's office.

Return to Sports/Activities:

It takes a little longer to return to sports after this surgery. At 6 months after surgery, you are able to start to jog. No sporting activities until 1 year after surgery. Your physical therapist will help guide you and transition you back to sports in a safe way. In addition, it is important to wear a sports brace for the first year that you play sports after the surgery. We will provide you with this brace as you start to transition back to sports.

This handout is to be used for educational purposes only. Questions or concerns should be discussed with your physician.