

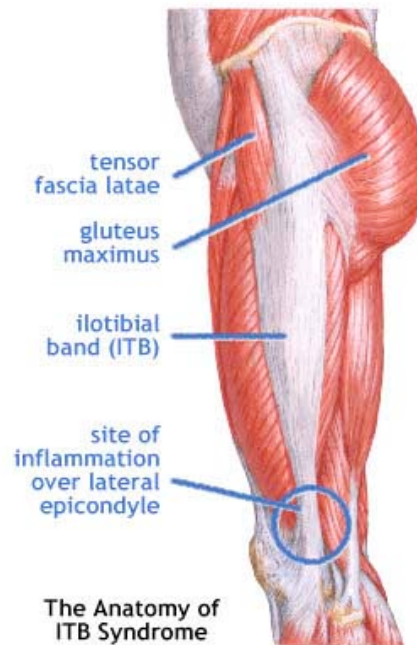
## **ILIOTIBIAL BAND SYNDROME**

### **WHAT IS ILIOTIBIAL BAND SYNDROME?**

Iliotibial band (ITB) syndrome is tendonitis of the ITB where it attaches to the distal femur. The ITB is a band of fascia that runs along the outside of the thigh and can become over-stretched with movement & contraction of the thigh muscles. When it is pulled taut it can rub against the femur bone as it crosses it. This causes inflammation of the ITB to occur, resulting in pain over the outer side of the knee.

### **WHAT ARE THE SYMPTOMS OF ILIOTIBIAL BAND SYNDROME?**

- Dull ache over the outer top edge of the knee
- Pain develops with running or playing sport, and disappears soon after you stop
- Pain may progress from a dull ache, to a very sharp pain while running
- Inflammation & swelling develops after running or playing sport



### **WHAT CAN I DO TO HELP MY CONDITION?**

Your Osteopath can be very helpful in treating ITB syndrome. There are also many things you can do between treatments to assist your recovery.

- Bring your running shoes to your next appointment, so that your Osteopath can assess your wear patterns and decide if orthotics would be appropriate for you. ITB can be caused by over-pronation of the foot, and orthotics can help improve this problem.
- Avoid running in old, worn out shoes, and avoid running on hard surfaces and down hill.
- Try to avoid running for a couple of weeks, to allow the tissues time to heal. If you must run, try to run cut back on the intensity, and always ice the affected area afterwards. An ice cycle takes 30 minutes – 10 minutes ice on, 10 minutes ice off, 10 minutes ice on.



- Try alternative exercises which do not place pressure on the outside of the knee, such as swimming, pool running, and cycling.
- ITB stretch – stand with your weight on your right leg, and your left leg crossed in front of it. Rest your left hand on the wall beside you and lean your body weight into the wall. Push your hips out towards your right side. Hold for 30 seconds, then repeat on the other side. (see left picture)
- Stretch and strengthen your quadriceps and hamstring muscles.  
Quadriceps stretch: stand on one leg, hold the heel of your other leg to your butt and try and pull the knee back and push your hip forward. Hold for 30 seconds, then repeat with the other leg. Hamstring stretch: stand on one leg, extend your other leg forward and rest it on a step in front of you. Lean forward towards your stretched out leg, and push your hips backwards. Hold for 30 seconds, then repeat with the other leg.
- Cortisone injections should be considered only as a last resort, if your condition is not responding to conventional treatments. Cortisone can help alleviate pain temporarily, but this is not a long term solution to the problem, and injections should not be sought on a regular basis.

