

## Iliotibial Band Syndrome

Iliotibial band syndrome (ITB) is irritation to the tissue that lies over the outer side of the knee. It often occurs as a result of excessive tension of the band which rubs over the bony prominences of the thigh bone near the hip and knee.

### What are the symptoms?

ITB syndrome feels like a sharp pain on the outer side of the knee. Often first noticed with running or cycling, it tends to appear sooner into your run or ride as the condition worsens. It is particularly painful with walking when the affected leg strikes the ground. You may feel a popping or snapping sensation on the outer side of the knee along with tenderness.



This commonly occurs in runners when running on uneven surfaces or without adequate warmup, as well as increasing mileage too quickly or running too far in a single run.

### Treatment

The first step is calming down inflammation. Stop any aggravating activities to allow sore areas to rest. Over the counter anti-inflammatories, taken as directed, as well as ice can help relieve pain and swelling. Icing can be done in a number of different ways:

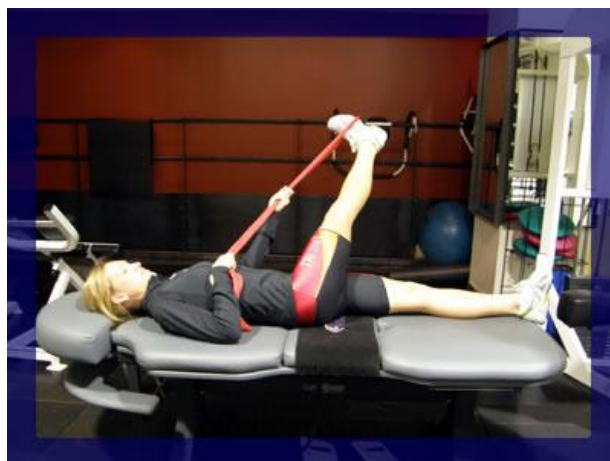
- Apply a commercial cold pack or frozen bag of vegetables for 20 minutes. Allow 40 minutes before re-icing.
- Freeze water inside a small paper cup and massage the sore areas for 5 minutes.

After settling down the inflammation, specific exercises are important to help relieve pain and allow you to return to pain-free activities.

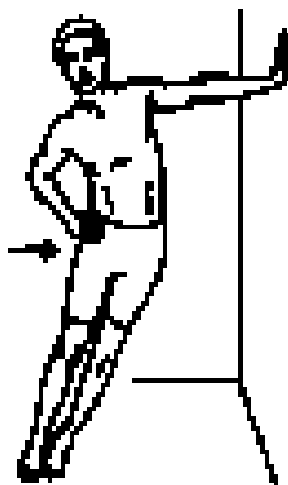
**Foam Roller stretch:** Lie on injured leg with foam roll resting just below the hip. Roll down until the foam roll is just above the knee and back up to starting position. Repeat for 1 minute 2 times. Do 2 times a day.



**Iliotibial Band Strap Stretch:** Using a strap or long towel, bring your injured leg up & across your body until a strong but comfortable stretch is felt on the outside of your thigh. Hold 30 seconds. Repeat 3 times, 2 times a day.



**Wall Lean Stretch:** With affected side facing wall, slowly stretch hips toward wall, other arm supporting trunk. Hold 30 seconds. Relax. Repeat 3 times per set. Do 2 sessions per day.



Bicycling and swimming are good alternatives to running, allowing you stay active without aggravating symptoms. When returning to running, proper footwear is also important. You can determine if you're able to

return to running when you can jog forward in a straight line without pain or limping, and are able to flex and extend the knee fully without pain.

If your symptoms persist or become more severe, you may need to follow up with an orthopaedic specialist. Call 630-225-BONE to schedule an appointment with a physician from OAD Orthopaedics.

**Disclaimer:** \* This information should NOT be used in place of visit with your healthcare provider, nor should you disregard the advice of your health care provider because of any information you read in this topic.