

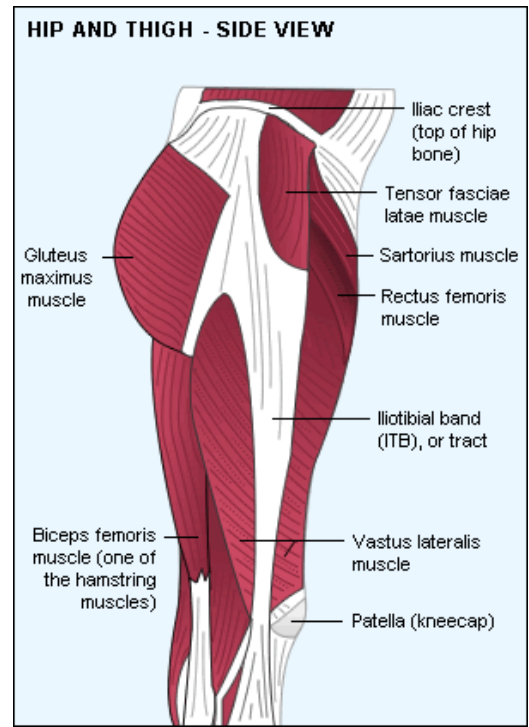


Performance
Physical Therapy

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Iliotibial Band Syndrome (ITBS)

Iliotibial band syndrome is due to inflammation of the iliotibial band, which is a muscle that goes down the side of the thigh. The Iliotibial Band is a long muscle that originates at the side of the pelvis and inserts on the outside of the knee on the tibia. It is made up of thick connective tissue and a small muscle called the Tensor fascia latae. The ITB helps to stabilize the side of the knee and normally glides back and forth freely when the knee flexes and extends. ITB syndrome is the result of ITB irritation and resulting inflammation.



Irritation of this muscle usually occurs on the outside of the knee. It is typically caused by repetitive stress to the band, when the band does not glide back and forth as the knee bends and straightens. This pain will worsen with activity and feel better with rest.

Runners are the most common people to suffer from ITB syndrome and it usually occurs when training begins or is increased to quickly. There are many underlying causes such as decreased flexibility of the ITB, decreased trunk, hip and leg strength which increases the stress on the ITB and altered alignment of the leg due to over pronation at the feet, people being bow legged, or leg length discrepancies.

Treatment Tips:

1. Rest from activities that aggravate the symptoms to allow inflammation to resolve and healing to begin.
2. Ice for 15 minutes, multiple times through the day and after activity that typically increases symptoms to eliminate and prevent inflammation.
3. Stretch, stretch, stretch – focus on ITB (as shown), hold for 30 seconds, multiple times per day to prevent shortening of the tendon as it heals.
4. Gradual, pain free strengthening and return to activity.
5. Physical Therapy will incorporate modalities to assist with pain relief and inflammation, a progressive strengthening and stretching program specific to your needs, manual therapy to address soft tissue mobility limitations and advice and guidance on return to full function.
6. Orthotics may be recommended if foot biomechanics are contributing to the problem.
7. Don't ignore it – not addressing this problem in the short term may lead to a chronic, ongoing problem.

The information on this page is provided to you from Performance Physical Therapy. It is not intended to replace any information/treatment provided to you by your health care provider. If you experience any pain while participating in this exercise, please contact your health care provider. Please feel free to check with your Physical Therapist if you have any questions about the information provided on this page.

We are here to help you reach your Peak Performance!

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