



Sara Gordon & Associates

Physiotherapy Newsletter

Ilio-tibial Band Syndrome

Iliotibial band syndrome is inflammation and pain on the outer side of the knee or hip, or the area in between. The ilio-tibial band runs from the pelvis (ilium) to the shin bone (tibia) down the outside of the thigh. It often causes pain in runners – it's often called runners' knee. However, it can cause problems due to any increase, or sometimes decrease, in activity.

What does it feel like?

- Pain on the outside of the knee or hip
- Pain normally aggravated by running, particularly downhill.
- Pain during flexion or extension of the knee, made worse by pressing in at the side of the knee over the sore part.
- Walking downstairs
- Tender trigger points in the gluteal (buttock) area may also be present

What causes IT band syndrome?

- Weak hip muscles such as gluteus medius
- Overpronation (flat feet)
- Overuse
- Excessive hill running
- Running on a cambered surface

What can I do?

- Rest
- Avoid painful activities, for example downhill running.
- Apply cold therapy or ice to reduce any inflammation.
- Stretch the Iliotibial band after training.
- Self massage techniques can also be very helpful in correcting excessive ITB tightness especially the foam roller.
- See a physiotherapist!

What can Physiotherapy do to help?

- Use Myofascial release techniques which have been shown to be highly effective.
- Acupuncture
- Provide a rehabilitation programme including stretches, core stability exercises and strengthening to specific gluteal muscles
- Advice on changes to your training programme, the use of insoles or heel pads