



Patient Page

Running Injuries: ITB Syndrome

What is ITB Syndrome

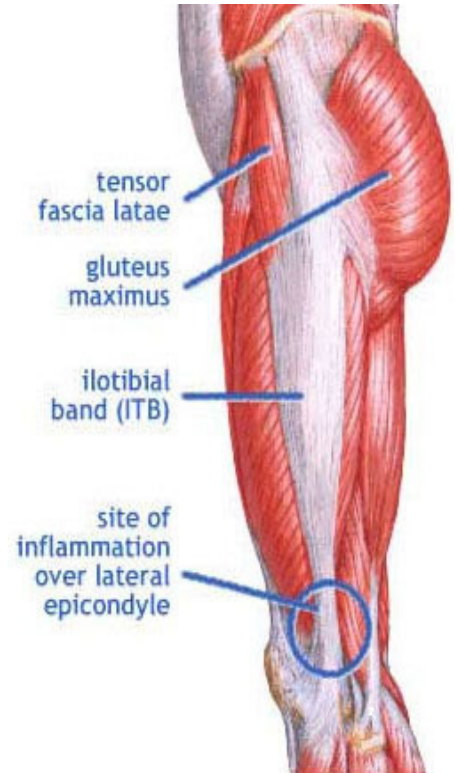
ITB (Iliotibial band) syndrome is an inflammation that occurs on the outside of the knee. The ITB is long tendon from the hip to the knee and is a common area where irritation can happen because of overuse or tight leg muscles. ITB Syndrome is the leading cause of lateral knee pain in runners.

Risk Factors

- Knock knees
- Recent increase in mileage
- Decreased hip and core strength
- Increase in downhill running or in the same direction
- Faulty footwear
- Recent increase in training intensity
- Increased foot pronation

Symptoms

- Pain on the outside of the knee with activity
- Pain may get worse with prolonged sitting
- Pain relieved with rest (early stages)
- Pain not relieved with rest (later stages)



Treatment and Prevention

Stretching and ice can be good early interventions if you are feeling pain. Rest is the best treatment initially. In *Injury Clinic 2011* when symptoms subside hip stretching and strengthening is essential. Evaluation by a Physical Therapist to identify the underlying cause of the symptoms and prescribe appropriate exercise is the most effective treatment for ITB Syndrome. Here are some helpful tips to decrease your risk:

- * Keep the ITB stretched by rolling on a foam roller.
- * Keep your hips and abdominal muscles strong
- * Buy a running shoe that matches your foot type



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