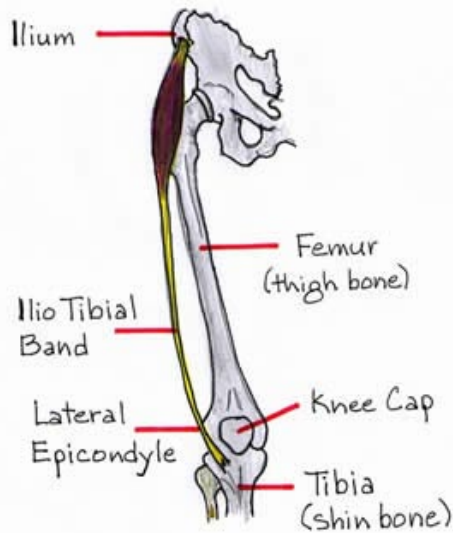


## Iliotibial Band Syndrome

Iliotibial band (ITB) syndrome is most commonly seen in runners, and cyclists. It is due to inflammation of the ITB at the knee joint.

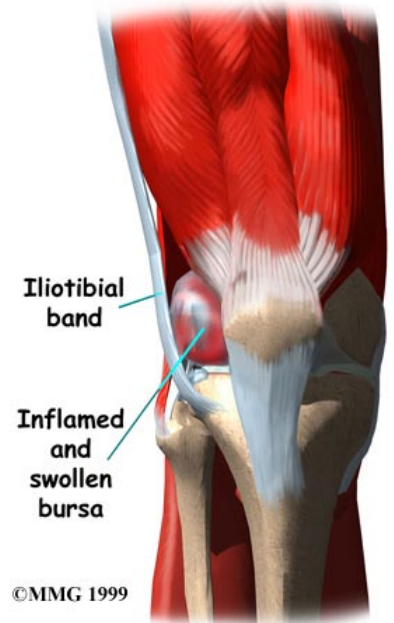
The Iliotibial Band is a layer of connective tissue that starts at the tensor fascia lata muscle on the outside of the hip. It runs along the outer thigh, crosses the outside of the knee and attaches to the upper shin bone (tibia) just below the middle of the knee joint.

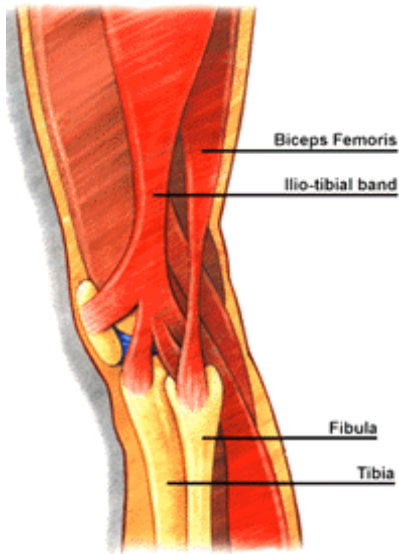


When the knee bends and straightens, the ITB glides back and forth over the lateral epicondyle. Normally this does not cause any problem, but if the bursa (a fluid-filled sac) between the lateral femoral condyle and the ITB becomes inflamed, the ITB begins to snap over the condyle with repeated knee movements.

### What are the causes of ITB syndrome?

- Overdoing your activity
- Running on sloped surfaces
- Worn out or improper running shoes
- Uneven leg length
- Leg and foot misalignment
- Muscle imbalance around your hip, pelvis and leg
- Increasing training sessions too quickly
- Improper warm-up and stretching.
- Poorly fitted bicycle saddle.



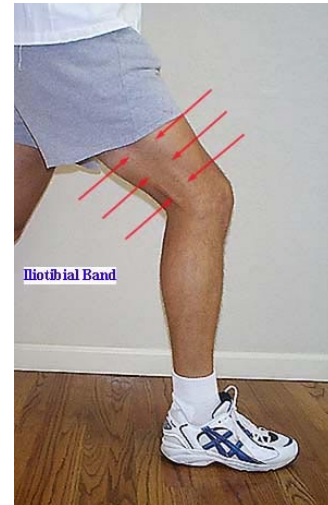


## Usual symptoms of ITB syndrome

- Pain on the outside of the knee when bending or straightening it.
- Tenderness at the side of the knee just after you have exercised
- Pain radiating up the side of the thigh and down the side of the leg.
- Sometimes a snapping or popping can be felt on the outside of the knee.
- Pain on climbing stairs or running downhill.

## Tips to prevent ITB

- Replace your shoes before they are worn out
- Build up your mileage slowly
- Avoid too many hills
- Alternate the direction of workouts if using a track.



## What can Physiotherapy do to help?

- We can use acupuncture or electrotherapy to relieve the pain and decrease inflammation.
- We give exercises to stretch tight structures, e.g. the ITB.
- We develop a personalized exercise program to address any muscle imbalances.
- We check to see if you have excessive pronation of the feet.
- If you are a runner, we can refer you to our running program to evaluate your biomechanics and educate you on efficient running form.
- We advise you on your return to activity and how to maintain fitness.



## Sports Medicine Physician

Your sports medicine physician can help to diagnose your condition. In conjunction with physiotherapy, they may decide to prescribe anti-inflammatory medication.