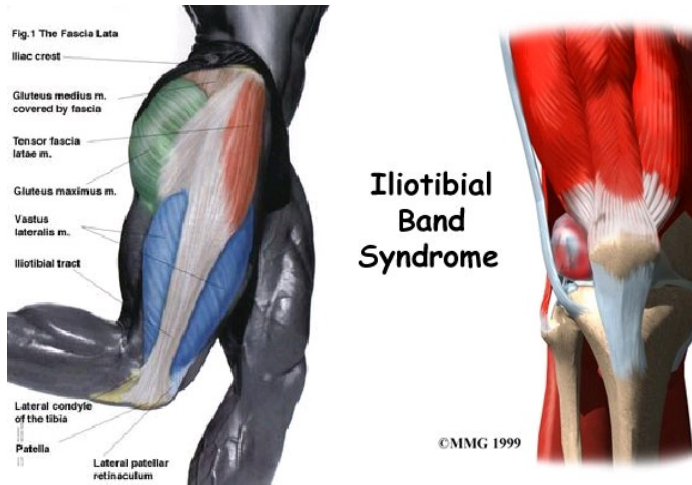


## Iliotibial Band (ITB) Syndrome

### What is it?



The Iliotibial Band (ITB) is a thick fibrous band that travels from the top of the pelvis, crosses the hip and knee joints and attaches at the top of the lower leg bone, called the Tibia. The Tensor Fascia Latae (TFL) and a portion of the Gluteus Maximus directly attach to the ITB.

ITB Syndrome is when there is irritation to the ITB resulting in pain most commonly on the outside of the knee but can also cause pain in the hip or lateral thigh. Often the pain is a result of too much tension in the ITB causing excessive friction and inflaming a Bursa at the hip or knee. A bursa is a fluid-filled sac located between a tendon and a bone.

### Possible Causes

- Weak Hip Abductors (specifically Gluteus Medius)
- Overpronation (falling arch in weightbearing)
- Tightness in Hip Flexors, Gluteus Maximus and Hip Rotators (i.e Piriformis)
- Quick increase in mileage
- Excessive downhill running
- Instability or Joint restrictions in the pelvis, hip or knee
- Leg Length Discrepancy
- Running on slanted surface
- Improper foot position on bike pedal (turned inward)

### Symptoms (may have some or all)

- Primary pain site is sharp pain or ache on outside of knee (most common)
- Dull ache outside of thigh or down into lower leg

- Snapping over the knee with bending/straightening
- Local redness or swelling at outside of knee
- Hip Bursitis can also be a result of ITB Syndrome
- Pain with pressure at outside of knee, thigh and/or hip
- Initially pain that begins a few miles into activity
- Initially worsens after activity and improves with rest
- Pain with lying on the affected side

### **What can I do?**

- Relative Rest (modify activity)
- Try water running, swimming or biking (non-impact)
- Icing to outside of knee
- NSAIDS
- Sleep on unaffected side with pillow between knees
- Check your footwear: worn out or may need medial stability shoe
- If biking: make sure your bike is properly fit
- If running: change to softer, level surface, not circular
- Cho-Pat ITB Strap (placed above knee)
- Deep Tissue Massage to ITB, not directly over pain at knee or hip
- Exercises ideas: Hip strengthening (specifically gluteus medius), hip flexor stretching (specifically TFL), Posterior hip stretching (piriformis and gluteus maximus), Sidelying rolling on Foam Roller, CORE strengthening
- Options: physician directed cortisone injections and in very severe conditions a surgical release of ITB have been reported.

### **When to seek treatment from PT:**

- If experiencing numbness/tingling and/or apparent weakness in leg
- If experiencing concomitant low back pain
- If symptoms are worsening rather than improving
- If symptoms are persistent into rest periods
- If symptoms are affecting your performance or form and you want to continue to participate in activity

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[www.alpineptmissoula.com](http://www.alpineptmissoula.com)  
[www.healthandfitness101.com](http://www.healthandfitness101.com)

### **Alpine Physical Therapy – 2 locations in Missoula**

#### **South**

5000 Blue Mountain Road  
 In the Peak Health and Wellness Ctr.  
 406-251-2323

#### **North**

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 In the North Reserve Business Ctr.  
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