

# ILIOTIBIAL BAND (IT BAND) SYNDROME

## What is it?

An overuse problem seen in cyclists, runners, walkers, and other athletes. Repeated stress causes a compression of the structures on the outside of the knee by the IT band, causing inflammation and pain

## Common Symptoms

Pain is usually located on the outside of the knee and possibly thigh. Symptoms worsen with repeated activity. Sometimes a snapping or popping sensation is noted on the outside of the knee.

## Potential Causes

- Overtraining
- Weakness in the muscles of the outside of the hip (a muscle group called the “hip abductors”).
- Over-pronation of the foot, or other biomechanical problems.

## What can you do at home?

- Ice to control pain and swelling
- Wear proper, supportive shoes
- Exercises to strengthen the outside of the hip (top picture on right, perform 3 sets of 10-15 repetitions)
- Use a foam roller to loosen up the IT band and thigh musculature (bottom picture on the right. Perform 3 sets of 20 seconds each).

