



## itb friction syndrome

Iliotibial band (ITB) syndrome is a painful condition which is thought to be caused by friction of the ITB over the lateral (outside) femoral condyle (body point) of the knee. ITB friction syndrome commonly affects people who undertake activities which involve a lot of running (triathlon, marathon, athletics etc). Factors such as progressing training load or intensity too quickly and biomechanics ('q' angle - angle of knee from hip, gait etc.).

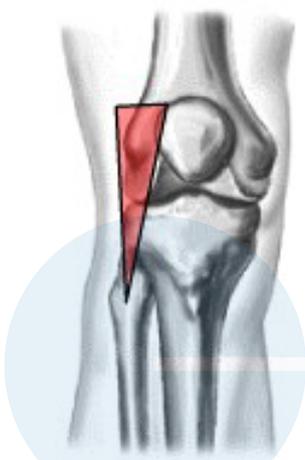
A person suffering from ITB syndrome will experience an aching pain on the lateral aspect of the knee. ITB pain is elevated when the person runs uphill or on uneven levels. The patient will often have an excessive development of their lateral quadriceps muscles, may have a tendency toward being 'bow-legged', and may also have excessive foot pronation.

## treatment of condition

Relative rest is the one of the most effective forms of recovery, accompanied by progressive soft tissue therapies provided by a myotherapist. Relative rest is where the patient stops the activity that causes the pain and uses an alternative method of exercise such as deep water running.

Myotherapy treatment will involve a clinical history, biomechanical assessment, soft tissue techniques to the affected and surrounding areas, stretching therapies, and advice on corrective exercises, training habits and footwear. In cases where the patient is involved in cycling, assessment of the bike is important to determine whether the person's equipment/set-up could be a predisposing factor.

Orthotics may also be necessary in situations where a patient's foot biomechanics are the cause of the condition (eg. excessive pronation).



Pain is felt on the outside of the knee and may radiate up the thigh.

## what you can do:

Consulting a myotherapist is important in order to identify any predisposing factors of this condition (eg. excessive pronation, equipment and footwear) and have them corrected. The correct diagnosis, treatment and advice will reduce the pain symptoms and speed-up recovery time.

Completing the following steps at home will aid in recovery:

1. Rest – avoid activities that cause pain. For people involved in running sports, substitute the activity with swimming or deep water running
2. Ice – apply ice to affected area, especially in the acute stages of the condition. This will help reduce the swelling and pain, allowing for better recovery.
3. Stretch – concentrate on the quadriceps and the hip abductors - gluteus medius and minimus (Refer to 'stretches')
4. Self Massage - a foam roller is a great tool to help combat ITB pain. Lie on your side and roll the affected ITB up and down the roller. Use your arm to increase or decrease the pressure (right) by changing the angle and the amount of weight you apply onto the roller.



Glut Med Stretch



Self massage with a foam roller.  
(pic: Colorado runner)