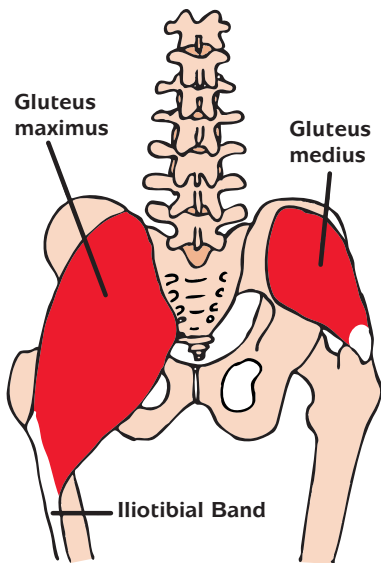




Common Running Injuries: ILIOTIBIAL BAND SYNDROME



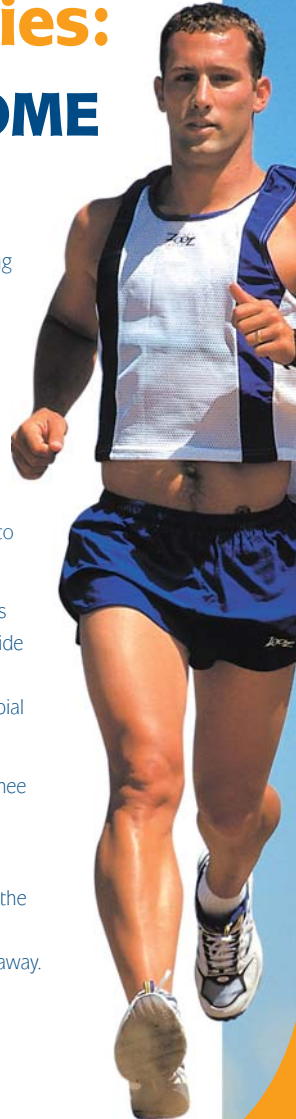
Iliotibial band syndrome is the most common cause of lateral knee pain in runners accounting for 12% of all running injuries. The pain usually occurs down the outside edge of the knee. Equally it often causes lower back pain.

The Iliotibial band (ITB) is a thick strip of fascia (like a large tendon) which at the hip is attached to the hip muscles and pelvis, it courses down the thigh over the knee joint to insert into the tibia.

The ITB becomes painful and inflamed as it rubs creating friction over the lateral side of the femur. The pain comes from inflammation and thickening of the iliotibial band itself.

It is recognised by a sharp burning pain and localised swelling, over the outside of the knee joint. The pain usually first appears several minutes into or after completing a run.

Sometimes Plantar Fasciitis is related to IT Band Syndrome. If the foot is incorrectly supported (usually by wearing the wrong footwear which either under or over supports the arch), then other areas of the body become out of alignment and muscles tighten. If a runner doesn't stretch enough or never wears the correct footwear, the injury won't go away.



Iliotibial Band Syndrome

Testing for ITB

Sitting with your knee bent to 90 degrees. Grip your painful knee, then straighten your knee whilst maintaining your pressure, you will get increased pain at 30 degrees of knee extension as the ITB is moved across the area.

Causes

- Inappropriate footwear
- Tightness of the ITB
- Weakness of hip and knee muscles
- Excessive foot pronation
- Road camber running
- High weekly mileage

Management of Iliotibial Band Syndrome

Always start with reducing your mileage and use ice to calm the inflammation. Increase your stretching – always when the muscle is warm. Run on a flat surface or alternate the side of the road you run on. Most importantly you need to stretch your ITB and strengthen your hip abductors.

Stretching

- 1a. Stand with your painful side next to a wall.
- 1b. Step across the leg nearest the wall.
- 1c. Push your hips towards and shoulders away from the wall.

- 2a. Stand behind a low chair or maybe use the arm of a sofa.
- 2b. Lift one leg up so that the lower leg rests upon the arm of the sofa. You will feel tightness in the area between your knee and hip.
- 2c. Press down on your knee and also lean forward from your lower back, both of which will increase the stretch.
- 2d. Hold the stretch for at least 30 seconds. Repeat on the other leg.



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HOSPITAL

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