

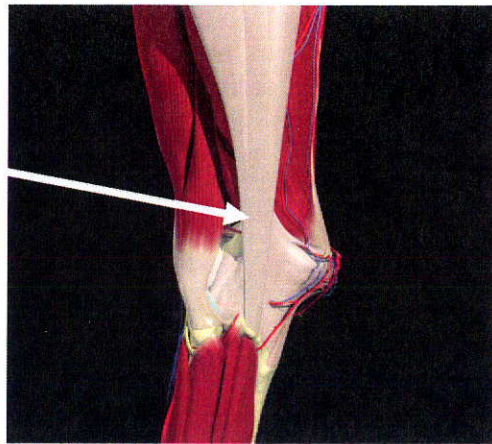


Iliotibial Band Syndrome

Definition: The iliotibial band is a band of tissue that connects a small muscle in your hip to the outside of your knee. Iliotibial band (ITB) syndrome develops as a result of inflammation (swelling) or irritation of the tendon or the bursa (pocket of normal fluid) surrounding the ITB. Pain may be over the side of the hip, leg or knee.

Common Terms: ITB syndrome is also known as ITB friction syndrome, ITB tendinitis, ITBS, “cyclist’s knee”, or “runner’s knee”.

Iliotibial Band



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Typical Mechanism of Injury: ITB syndrome is usually caused by running on a slope for long periods of time, leg length differences, poor foot structure, excessive shoe breakdown, training intensity errors, muscle imbalances, or poor running/gait mechanics.

Common Signs and Symptoms: Signs and symptoms consist of dull, achy, burning sensations on the outside of the hip, leg or knee during activity. There can also be sharp, stabbing pains along with tenderness on the outside of the knee during activity. The pain may also travel above the outside of the knee into the thigh. The pain begins as a minor discomfort and progressively gets worse. Snapping, popping, or creaking may also be present with knee movement of bending and straightening.

Common Treatment: Treatment consists of applying ice to the area for pain relief. Anti-inflammatory medicines may be used for pain relief. In some cases stretching and strengthening of thigh and leg muscles, correction of poor running/gait mechanics, and custom orthotics may be helpful.

Prevention: Prevention involves learning proper training techniques, wearing appropriate shoes, replacing shoes as they show signs of wear, being aware of running surface, stretching, strengthening, and gradually increasing the intensity of exercise.

Expectations: One should expect a reduction in training intensity as well as training on flat surfaces only for at least two weeks or until pain-free. As the injury improves, limited running can resume with short distances at a slow speed on a flat surface. Strength building and flexibility of the lower extremities should always be maintained.

DEPARTMENT OF ORTHOPAEDICS & SPORTS MEDICINE

Carol & Frank Morsani Center for Advanced Health Care * 13330 USF Laurel Dr * Tampa, Florida 33612 * (813) 396-9625

* FAX (813) 396-9195 * www.health.usf.edu

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