

## COMMON RUNNING INJURIES – ILIOTIBIAL BAND (ITB) SYNDROME

### SYMPTOMS

Iliotibial Band (ITB) Syndrome is typically associated with pain on the outside of the knee while running. A runner may also experience pain on the outside of the hip and notice the pain more on slower runs than fast runs, running hills, or going up or down stairs.

### COMMON CAUSES

Causes of IT Band Syndrome include:

- Running on a banked surface or changes in running surface
- Flat feet (Not always but a possibility to consider.)
- Training errors (increasing mileage or intensity too quickly)
- Worn out and old running shoes
- Weak hip abductor and hip extensor muscles
- Tight hip muscles (especially the Iliotibial or IT band muscle)
- Incorrect shoe type (Not supportive enough or too supportive)
- Dehydration
- Poor Foot mechanics. Inefficient foot.
- Transitioning too quickly from treadmill to outdoors
- Lack of rolling the quadriceps and IT Band

### TREATMENT

Treatment of this condition may include:

- Modifying training schedule
- Strengthening hip abductors and hip extensor muscles
- Applying ice
- Taking anti-inflammatory medications (if tolerated)
- Massaging lateral (outside) knee
- Stretching hip muscles (IT band)
- Replacing running shoes every 400 miles
- Getting fit for correct running shoe type
- Foam roll to reduce the muscle from not moving across the fascia and binding to the muscles and IT Band

### PREVENTION

Stretching of the IT band can help prevent this injury. To stretch this muscle, stand with the affected leg towards a wall, cross the unaffected leg in front of the affected leg, place arm on wall and drop hips towards the wall. You should feel the stretch on the side of the hips or side of the knee. Hold stretch for 15 seconds and repeat three times.