

Running and IT Band Friction Syndrome



Did you know...the average jogger makes 3,000 foot strikes per mile and most shoes retain less than 60% of their initial shock absorption capacity.

What is the Iliotibial (IT) Band? The IT band is a long section of muscle and tendon that starts around the outside of the hip and ends just below the knee. It is the linkage between the pelvis, upper leg, and lower leg.

What is IT Band Friction Syndrome? This syndrome is an overuse problem of the IT Band.

What causes IT Band Friction Syndrome? It is caused by repetitive snapping of the IT Band over the outside of your knee. This friction can lead to inflammation in this area.

How is IT Band Friction Syndrome diagnosed? This syndrome typically causes pain on the outside part of the knee. The area is usually quite tender to the touch. Usually, no x-rays or other tests are needed to confirm the diagnosis.



Treatment of IT Band Friction Syndrome

- **Initial Treatment** is RICE (Rest, Ice, Compression, Elevation)
- **Avoid** any activity that makes the pain worse
- A **Stretching Program** is recommended

IT Band Stretch



Starting position: Upright standing.
Action: Cross involved leg behind uninvolved leg in standing position, with a stretched leg behind, and lean to the uninvolved side until a stretch is felt over outside of involved hip. Hold stretch for 30 seconds and repeat 4 times.

Prevention

1. A balanced approach to training which allows for rest and recovery
2. Maintaining flexibility of IT Band and all leg muscles
3. Running on a level surface or alternating running directions on the road

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