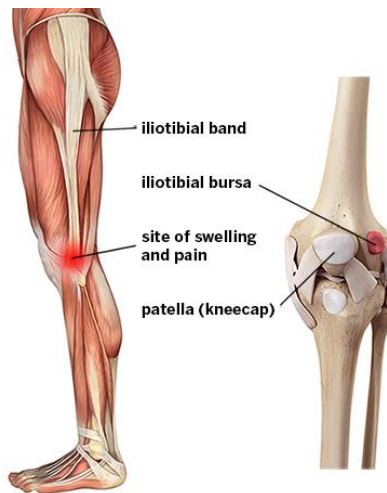




Iliotibial Band Syndrome

What is it?

Iliotibial Band Syndrome (ITB Syndrome) is *inflammation and compression* of the Iliotibial band, a thick band of connective tissue on the outside of the leg that extends to the knee. Most people have pain on the outside of the leg and knee that's worse with activity, like walking, running, especially downhill and trails.



What causes ITB Syndrome?

ITB Syndrome is caused by biomechanical problems and overuse/tendon overload – often doing too much too quickly. Sometimes it is associated with tight ITB, weak buttock and hip muscles, leg length problems, worn-out shoes, hyperpronation, and general overuse.

Acute Treatment:

- NSAIDS (Ibuprofen, Aleve, Naprosyn, etc.)
- Modified rest – modified rest from running is the most important initial step (especially *avoid down hill, trails*). May be OK to run on treadmill at a 5% incline.
- Cross train w/ low impact exercise (swimming, water running, cycling, elliptical, resistance training)
- Physiotherapy

Chronic Treatment:

- Physical Therapy – hip strengthening and correcting biomechanical problems are most important step
- Yoga
- Gait analysis
- Cortisone injection
- Shockwave therapy
- Orthobiologic injections – Prolotherapy or Platelet Rich Plasma (PRP) injections
- Surgery – rarely required