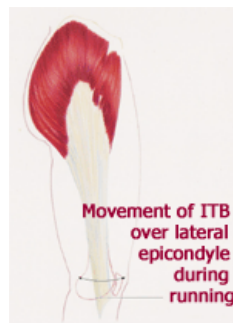


Illiotal Band (ITB) Friction Syndrome

What is it?

- The iliotibial band is a strong band of connective tissue that runs from the hip region on the outside of the thigh and attaches onto the outside part of the shin bone
- Where this band passes over the base of the thigh bone friction between the bone and the ITB occurs. With activities involving repeated bending of the knee this excessive friction can lead to inflammation of the structures between the ITB and thigh bone



What do I look for?

- The symptoms usually consist of an ache or sharp pain in the outer region of the knee and thigh.
- Usually aggravated by activities such as running and related to changes in training patterns

What causes it?

- Muscle imbalances in the lumbo-pelvic and thigh region
- Overtraining or changes in training routines or patterns

How is treated?

- A physiotherapist can use a variety of techniques including manual therapy, strapping, electrotherapy, and stretches and exercises to address muscle imbalances.
- Commonly corticosteroid injections may be required to help settle the condition.

Do I see my doctor?

- If symptoms persist, your physiotherapist will advise when you need to see your doctor

