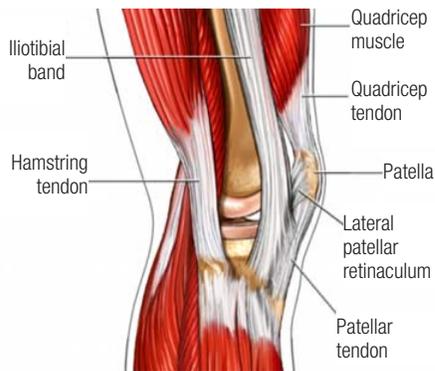




INFORMATION GUIDE

IT Band Syndrome



WHAT YOU MAY EXPERIENCE

- Pain experienced on the lateral side of the knee, lateral thigh, or lateral hip.
- Pain can range from dull aching to a sharp stabbing.
- The pain is usually not localized but covers a larger area.

POSSIBLE SOURCES

- **ILIOTIBIAL BAND:** A thickening of the fascia that runs up the outside thigh. The primary function is to provide stability to the outside of the knee while standing. It helps to maintain hip extension in standing and hip/knee flexion in running and walking.
- **ILIOTIBIAL BAND FRICTION SYNDROME:** Inflammation where the band/tendon/fascia rubs across the distal lateral femur (outside, of bottom end, of thigh bone). Can be inflammation of the band/tendon, bursa under the tendon, or the periosteum (covering over bone) of femur.

CONTRIBUTING FACTORS

- With increasing age, often there is decreasing flexibility.
- Any sudden change in activity, specifically, activities that increase weight bearing or pressure on the foot.
- Changes in training-downhill running, running on banked surfaces, increasing training too quickly.
- Anatomical abnormalities-leg length discrepancies, bow leg, and laxity of lateral knee ligament stability.
- Underlying faulty pelvic mechanics.

EXCESSIVE PRONATION

- Pronation is a normal movement of the foot allowing the arch to flatten to a degree, which helps the body to absorb shock and adapt to different ground surfaces.
- If the foot is weak or tired and/or the footwear is not supportive, then the arch can flatten more than normal, which is excessive pronation.
- Flattening of the arch (excessive pronation) increase stresses on the foot, which can further contribute to ankle, knee, hip and low back problems (a chain reaction).

QUICK FIX

The **3 S's - Stretching, Strengthening, and Supporting**, along with ICE and REST have been found to be the simplest and most effective for these injuries:

1. **Stretching** of the IT-Band, hamstring, piriformis and quad (see reverse side).
2. **Strengthening** of the hamstring, hip abductors, quad and gluteals (buttocks), for both the hip and knee (see reverse side).
3. **Supporting** the foot with proper shoes and insoles can prevent or help to eliminate the vast majority of lower extremity problems due to faulty biomechanics. You may consult with your Sports Medicine Physician or Sports Medicine Physical Therapist for guidelines about this. They can guide you to an appropriate running store.

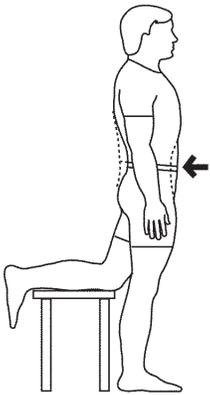
FOLLOW-UP

If these quick fixes do not help resolve your problem:

1. Consult with your medical practitioner: Primary Care or Sports Medicine Physician.
2. Referral to Physical Therapist where a combination of manual therapy & specific exercises may help resolve your problem.
3. If damage is significant, you may be referred to an Orthopedic Surgeon.

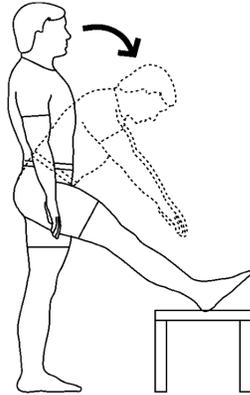
IT Band Syndrome Exercises

1. HIP FLEXOR STRETCH



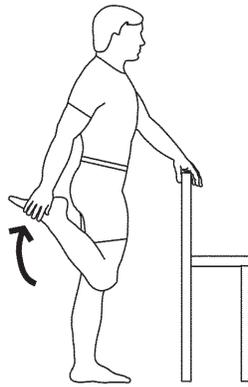
Place lower leg on chair. Keep stomach tight and bring hips forward until stretch is felt in front hip. Hold 30 seconds. Repeat 3 times. Stretch after warm up and after cool down.

2. HAMSTRING STRETCH



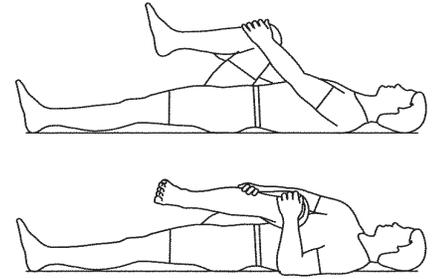
Place foot on stool (hold on to the back of a chair if needed). Slowly lean forward keeping back straight until stretch is felt in back of thigh. Hold 30 seconds. Repeat 3 times. Stretch after warm up and after cool down.

3. QUADRICEPS STRETCH



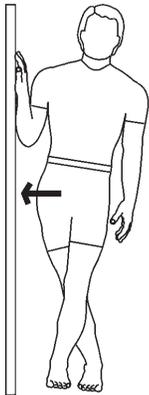
Pull heel toward buttock until a stretch is felt in front of thigh. Move bent knee behind hip to maximize stretch. DO NOT JACK-KNIFE FORWARD. Hold 30 seconds. Repeat 3 times. Stretch after warm up and after cool down.

4. PIRIFORMIS STRETCH



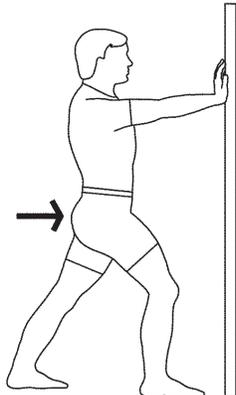
Lay on your back. Pull involved knee towards opposite shoulder. Hold 30 seconds. Repeat 3 times. Stretch after warm up and after cool down.

5. IT BAND STRETCH



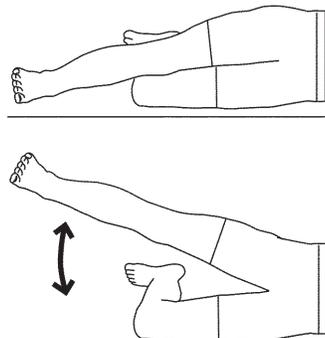
Cross right/left leg over the other, then lean to the right/left until a stretch is felt over the outside of hip. Hold 30 seconds. Repeat 3 times. Stretch after warm up and after cool down.

6. CALF STRETCH



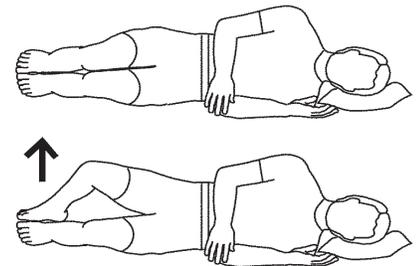
Stand with involved foot back, and leg straight. Keeping heel on the floor and turned slightly outward, gently lean into wall until stretch is felt in calf. Hold 30 seconds. Then bend both knees until a stretch is felt lower in calf. Hold 30 seconds. Repeat 3 times each on each side.

7. HIP ABDUCTION



Lie on floor, on either right or left side, with back and shoulders against wall. Keep toes pointing forward. Lift right/left leg 8-10 inches from floor. Bring leg back down, keeping it from touching down completely between repetitions. Repeat 10 times per set. Hold for 10 seconds each. Do 1 to 2 sessions per day.

8. CLAM SHELL



Lie on floor, on either right or left side with back and shoulders against wall. Bend both knees so that heels touch the wall. Lift right/left knee up, keeping feet together. Bring leg back down, keeping it from touching down completely between repetitions. Repeat 10 times per set. Hold for 10 seconds each. Do 1 to 2 sessions per day.

Sports Medicine is available for questions. Please call 616.252.7778 to speak with a member of our care team or to schedule an appointment.