

3 - Iliotibial Band Syndrome (ITBS)

The (IT) band runs from hip-to-knee along the outside of your thigh and when you run, your knee flexes and extends, which causes it to rub on the side of your femur and causes irritation accounts for 12% of running injuries.

Symptoms of ITB syndrome consist of pain on the outside of the knee, more specifically at or around the lateral epicondyle of the femur or bony bit on the outside of the knee. It comes on at a certain time into a run and gradually gets worse until you have to **STOP**. After a period of rest the pain may go only to return when running starts again. Pain is normally aggravated by running, particularly downhill.

Pain may be felt when bending and straightening the knee which may be made worse by pressing in at the side of the knee over the sore part. There might be tightness in the ITB which runs down the outside of the thigh.

Can you run through it?

ITBS is a stubborn injury. Take rest day or two and cut back on mileage and intensity for a week if you feel it initially and you could avoid a full-blown flare-up. Ignore it at your peril! Rest itB, Roll itB, Stretch itB, Massage itB. If it sticks you could be out for up to six weeks.

Are you at Risk?

Certain factors may make you more susceptible to developing runner's knee or ITBS. A naturally tight or wide IT band, weak hip muscles, particularly the gluteus medius are potential triggers.

Over pronation or poor foot biomechanics may increase the risk of injury. If the foot rolls in or flattens, the lower leg rotates and so does the knee increasing the chance of friction on the band. Other factors include leg length difference, running on hills or on cambered roads on regular basis or while legs fatigued during race.

Rehab itB

- Reduce mileage and avoid hill and track running
- **Ice** and Compression
- Loosen it up with foam rolling of the ITB, and Quads
- Stretch **4 POINT** is most effective as pictured below or the "pigeon fold" pose
- Rehab activity swimming or aqua running is recommended to maintain fitness if ITB is painful while running. Warning cycling/spinning may aggravate it.

PREVENTION

Continue with focus on stretching, rolling of ITB limit track and hill reps. If track runner, try alternate directions on the track during session or different days. If it's a recurring injury then try to shorten your stride so your weight centres on the front of the heel or for best result the mid-foot as you land.

Strength and conditioning of abductors and gluteal muscles "to control hip motion" stops over stretching of band.

