

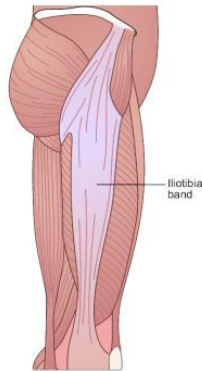
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Iliotibial Friction Syndrome (ITBFS)

What is the Iliotibial band?

The iliotibial band is a thick band of fibrous tissue that runs from the pelvic bone down the outside of the thigh to the top of the shin bone (Tibia) and inserts just below the knee joint. The muscles that insert into its upper portion are the Tensor Fascia Lata and the Gluteus Maximus. The band functions in coordination with these muscles to stabilize the outside of the knee joint.



What is ITBFS?

ITBFS is due to inflammation of the iliotibial band from overuse.

How does it happen?

- Sudden increase in activity level without a proper warm up and an adequate stretching program
- Activities requiring repetitive bending and straightening of the knee ⇒ friction of tight band over bony bump on the outside of the knee ⇒ irritation ⇒ inflammation ⇒ pain ⇒ dysfunction
- worn out or poorly fitting shoes
- running on sloped surfaces ⇒ feet come into contact with the ground at different heights
- Structural or physiological problems, particularly flat feet and bow legs
- Leg length discrepancy
- Pelvic instability

Signs and Symptoms

- Gradual onset of pain (aching) on the outer side of the knee
- Burning or stinging during slow straight running-type activities
- Pain diminishes with rest and higher running speeds
- Pain is worse running downhill than uphill or going down the stairs
- Unable to bend the knee; walking with a straight leg

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Differential Diagnosis

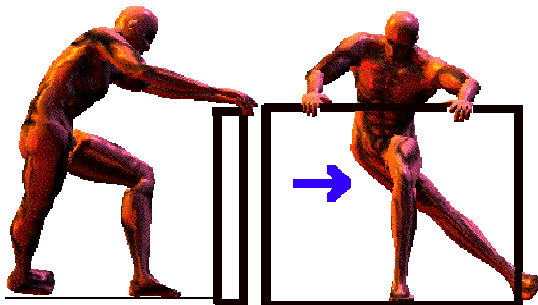
- Lateral collateral ligament sprain
- Lateral Meniscus lesion
- Patellofemoral Pain Syndrome
- Biceps Femoris tendinopathy

Treatment and management

- Relative rest from aggravating activity
- Icing the painful area and possible Anti-inflammatory medication
- Adequate stretching routine
- Correct footwear and possible orthotics
- Addressing any biomechanical or training errors
- Soft tissue massage and specific strengthening exercises (pelvis stability exercises)
- Cortisone injection if the above mentioned strategies become ineffective
- Surgery (VERY RARE)

Stretching program

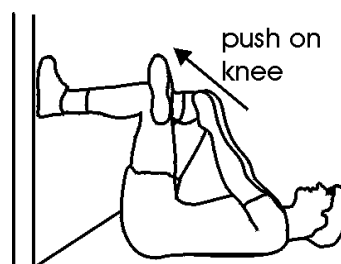
Iliotibial band



Quadratus Lumborum



Hamstrings



Gluteal muscles

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