

Iliotibial Band Syndrome (IT Band)

What is it?

Inflammation caused by excessive compression and/or friction of the IT band over the hip or the knee.

What causes it?

Repetitive action, specifically flexion and extension at the hip and knee. Tight IT band and TFL muscle. Muscle imbalances.

Symptoms

Pain, swelling, tenderness and restricted movement on the outer hip and/or knee

Top Tips

Rest and apply ice asap. Don't participate in unnecessary activity.

How to Treat it

RICER. Anti-inflammatories and painkillers. Physical therapy, like massage using heat and stretching



Rehab

Stretching and strengthening exercise. Muscle balance in thighs and hips. increasing flexibility.

Definitions

Iliotibial band/IT band – tendon running from hip to knee on outer thigh

Tendon – flexible, inelastic connective tissue attaching muscle to bone

Flexion – a bending movement that decreases the distance between two parts of the body

Extension – moving in a posterior direction, increasing the angle between body parts

Tensor Fascia Latae (TFL) – muscle located at the top of the IT band, running over the outer hip

RICER – rest, ice, compress, elevate, refer

Associated Conditions

- Quadriceps Strain,
- Hamstring Strain,
- Quadriceps Tendinitis

Get Help Now

Products

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