



PLAYING MY BEST
SPORTS
DISCOVER YOUR ELITE ATHLETE

ILIOTIBIAL BAND SYNDROME

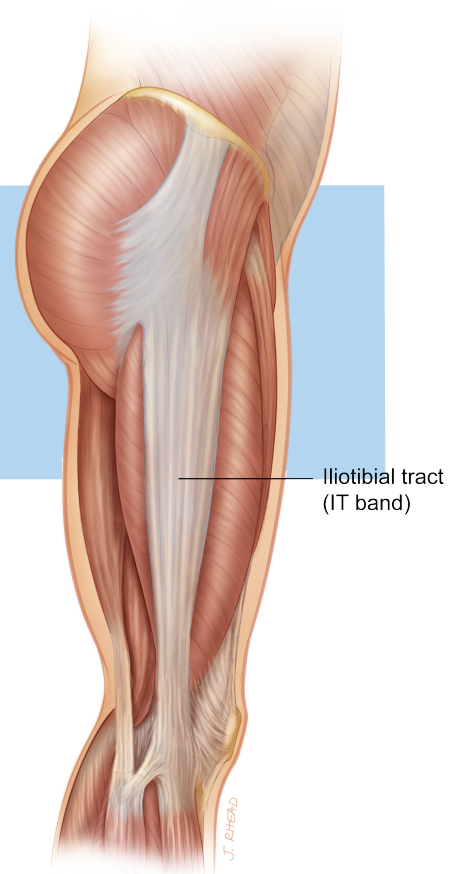
IT band syndrome is due to inflammation of the IT band which is a thick fibrous band of tissue that runs down the outside of the hip and thigh, connecting just below the outside of the knee. This condition is most common during pre-season soccer conditioning when running long distances.

FACTORS THAT CONTRIBUTE TO INJURY

- Suddenly increasing mileage or activity
- Running downhill
- Poor foot mechanics (over-pronation)
- Old running cleats
- Running on a crowned road or track

SIGNS AND SYMPTOMS

- Pain over the outside of the knee with running
- Pain increases with downhill activities
- Pain decreases with rest
- Tender to the touch
- Any movement of the knee may be painful



Official Sports Medicine and Performance Enhancement Provider to Utah Youth Soccer and Rocky Mountain School of Baseball

FOR A FREE INJURY ASSESSMENT APPOINTMENT CALL 801-314-2300

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TREATMENT

- Proper footwear (orthotics or new shoes)
- RICE (See RICE handout)
- Stretching – IT band stretch and 90/90/90
- Modify activities (cross train)
- Gradual increases in mileage
- Alternate running direction on track and road

90/90/90

Place involved leg on table as shown, with knee directly in front of hip. Hold 20 seconds, Repeat 3 times, 3 times per day.



Standing IT Band Stretch

Place the foot of the unaffected leg behind the foot of the affected leg, then lean toward uninjured side to stretch. Hold 20 seconds Repeat 3 times, 3 times per day.



Side Lying IT Band Stretch

Keeping hips in side-lying position with affected hip up, use opposite foot to gently push knee toward table/floor. Hold 20 seconds Repeat 3 times, 3 times per day.

