

# ITB FRICTION SYNDROME

PINDARA PHYSIOTHERAPY AND SPORTS MEDICINE



## WHAT ARE THE SIGNS AND SYMPTOMS?

- Pain on the outside of the knee
- Pain often, running, jumping, climbing or walking up/down stairs.
- Grinding/clicking noises may be heard during bending or straightening the knee
- Some mild swelling may also be noted around the knee

## WHAT IS ITB FRICTION SYNDROME?

The iliotibial band is a thick band of connective tissue which travels down the outside of the leg and crosses the knee joint to the shin bone (tibia). When the knee is bent (flexion) and straightened (extension) the band rubs over a bony prominence on the outside of the knee (lateral femoral epicondyle). When this is done excessively, such as following a half or full marathon, it may become irritated and cause pain.

## HOW DOES IT OCCUR?

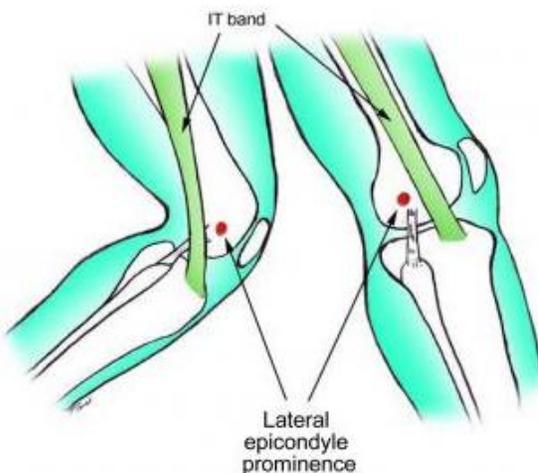
Many factors may contribute to the development of ITB friction syndrome. These include:

- Overuse and overload by repeated bending of the knee
- Weakness in muscles around the hip
- Running technique
- Alignment problems of the lower limbs
- Inappropriate foot wear
- Tightness in your hips and legs

## HOW IS IT TREATED?

Initially following onset the pain can be quite severe. This will settle with the appropriate rest and ice to decrease pain and inflammation. If the pain is not settling quickly you should consult a physiotherapist to assess the risk factors as mentioned above. They will then design a tailored rehab and return to run program for you. Treatment may include:

- Modification of activity levels to avoid provocation but maintain fitness
- Muscle control and strengthening exercises of the leg and hip muscles
- Stretching of tight muscles
- Evaluation of footwear



Be advised this information sheet is a guide only.

If you are experiencing any problems or have any questions, please feel free to contact your treating physiotherapist at Pindara Physiotherapy on 5539 4484

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