

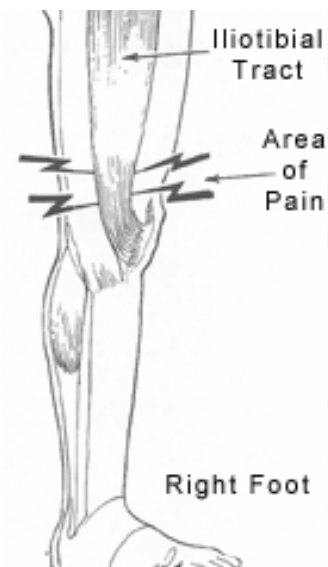
Ilio-Tibial Band Syndrome

Complaints

- Lateral knee pain which increases with running and walking activities
- Occasional hip pain
- Tenderness at the hip and/or outside of lower thigh and knee

Possible Causes

- Leg length discrepancy
- Excessive pronation
- Excessive tibial rotation
- Pes Cavus foot (high arch)
- Tight ilio-tibal band
- Soft, unstable shoes
- Weak hip stabilizers ()



Shoe Profile

For moderate to excessive pronators: the long axis of the shoe should provide maximum torsional control of medial foot rotation (pronation) during the weight-bearing phase of the gait cycle. Proper support slackens the Ilio-Tibial band, reducing friction and irritation at the hip and the outside of the knee.

For supinators: the long axis of the shoe should provide maximum torsional control of foot rotation (especially outward rotation). Try to avoid shoes with heavy medial posting so as not to encourage increased supination.

Orthotics

Neutral (mild pronators) – Over-the-counter orthotics may be beneficial
Moderate to excessive pronators and supinators – Custom orthotics

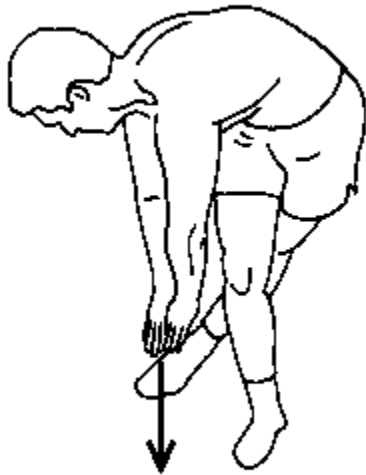
Exercises**

Please consult your physician before engaging in an exercise program.

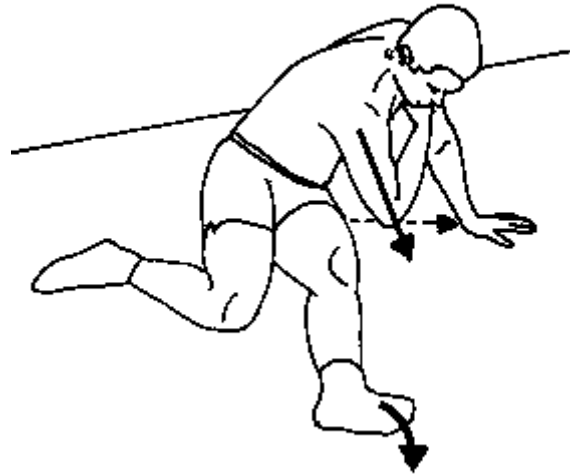
With all strengthening exercises, start with 3 sets of 10. If you experience any sort of pain reduce your reps to 3 sets of 5 repetitions. For all stretches, repeat 3 times holding each stretch for 30 seconds to 1 minute. Using RICE (Rest, Ice, Compression, Elevation) can be beneficial in the treatment of injuries as well.

Ilio-tibial band standing bent to side stretch

Ilio-tibial band long sitting stretch

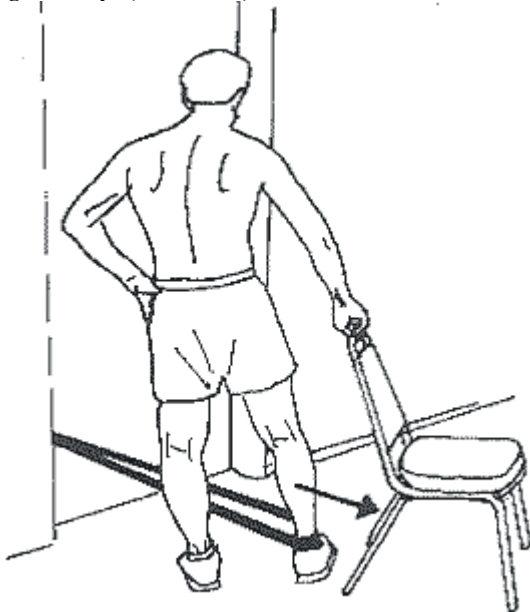


1. Stand in a spacious area with room to bend to the side.
2. Cross the leg to be stretched behind the other leg.
3. Tip your trunk to the opposite side of the leg to be stretched and reach towards the floor with both hands and hold.
4. Return to the starting position, relax and repeat.



1. Sit on the floor with the leg to be stretched straight out and the other leg bent out to the side.
2. Roll the side of the foot of the straight leg so it is touching the floor.
3. Sit up and turn trunk to the side of the straight leg and place hand on the floor, straight across from the hip, keeping elbow straight. Your trunk and hip should be at a 90 degree angle.
4. Bend other elbow and lean trunk over, attempting to touch elbow to floor. Keep the opposite elbow straight during the stretch.
5. Return to starting position, relax and repeat.

Leg Sideways (Abductors) Elastic Ankle



1. Attach elastic at ankle and stand with uninvolved side toward the attachment and elastic looped around leg at ankle.
2. Pick up slack by stepping away from attachment.
3. Stand with good erect posture and don't lean trunk during

exercise.

4. Pull out with leg against elastic.
5. Slowly return to starting position and repeat.

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