

Iliotibial Band Friction Syndrome

The iliotibial band is a long, thick, and non-extensible connective-tissue structure that runs from the side of the hip to the side of the knee. It serves as a strong attachment point for the quadriceps and gluteal muscles, which makes it important during gait and running as a stabilizing structure. Because it is not flexible and transmits large forces, it is prone to becoming sore during high-repetition hip and knee flexion/extension activities such as running. At the two regions typically affected-- the bony prominences at the side of the hip and knee—the friction created by the ITB sliding back and forth over the bone creates the soreness.

ITB friction syndrome is typically multifactorial in nature. Usually there is some combination of training error, poor running mechanics, underlying biomechanical dysfunction or decreased flexibility (at the low back, SI joint, hip, knee or ankle), and decreased core and hip stability. The ITB itself is usually not the primary cause of the problem, but rather a victim of problems around it. At Craven Sport Services we perform a detailed history, thorough biomechanical examination and movement analysis, to determine the factors causing the injury and how best to resolve it. We will also adjust training intensity and volume to create the optimal conditions for healing and to minimize disruption to your training goals. At the end of the initial one-hour consult we will have a plan to move forward!