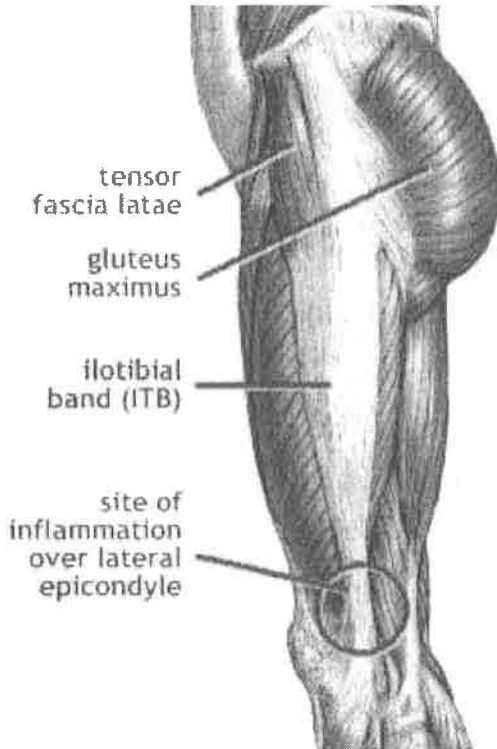


## Iliotibial Band Syndrome Rehabilitation Exercises

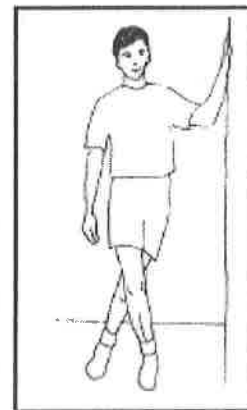


Iliotibial band syndrome (ITBS or ITBFS for iliotibial band friction syndrome) is a common injury to the thigh, generally associated with running, cycling, hiking or weightlifting. It is one of the leading causes in lateral knee pain in runners. The iliotibial band is a superficial thickening of tissue on the outside of the thigh, extending from the outside of the pelvis, over the hip and knee, and inserting just below the knee. The band is crucial to stabilizing the knee during running and walking. The continual rubbing of the band over the lateral femoral epicondyle combined with repeated flexion and extension of the knee may cause the area to become inflamed.

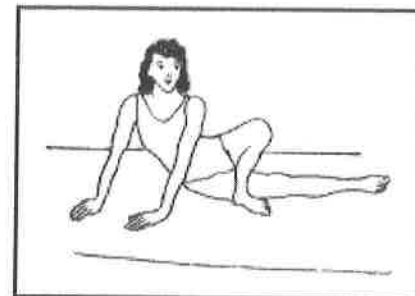
Pain may be acute or chronic. The IT band can be rested, iced and compressed to reduce pain and inflammation, followed by stretching. Massage therapy may also be beneficial. Using a foam roller to loosen the IT band can help prevent and treat pain. If discomfort continues, formal therapy could be ordered by your physician to include ultrasound over the area.

Information source: [http://en.wikipedia.org/wiki/Iliotibial\\_band\\_syndrome](http://en.wikipedia.org/wiki/Iliotibial_band_syndrome)

1. This illustration demonstrates active stretching of the iliotibial band (ITB). The patient stands a comfortable distance from a wall and, with the opposite knee extended, leans the proximal shoulder against the wall to stretch the ITB.



2. This illustration demonstrates the iliotibial band syndrome stretching performed in a side-lying position.



The following are additional exercises that would be beneficial for stretching and rehabilitation for ITB syndrome.

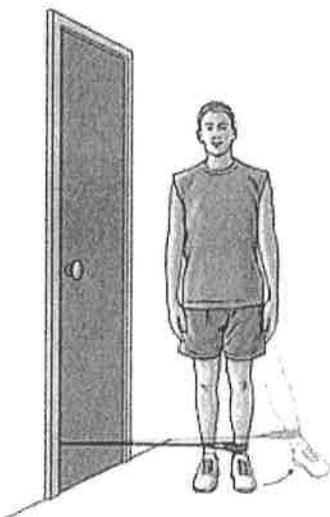
## Iliotibial Band Syndrome Rehabilitation Exercises



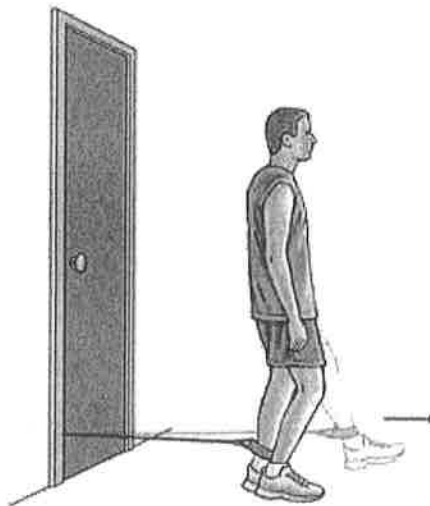
Side-lying leg lift



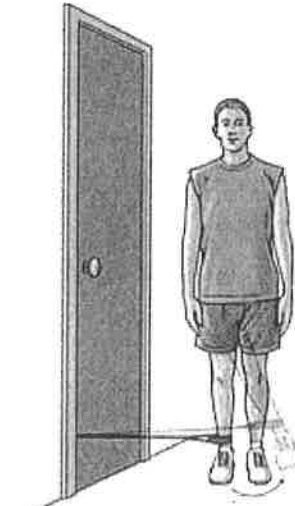
Knee stabilization: A



Knee stabilization: B



Knee stabilization: C



Knee stabilization: D



Iliotibial band stretch (side-bending)



Clam exercise