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Iliotibial Band Syndrome

Iliotibial band syndrome refers to inflammation of the lubricant sac that protects a large band of tissue known as the iliotibial band from rubbing across the bone on the outside of the knee. This band travels from the pelvis all the way across the knee providing stability across the hip and knee joints. The body naturally protects against friction from this band crossing the knee by secreting fluid in a sac known as a bursa. Despite this, a tight iliotibial band and overuse may cause increased friction and subsequent irritation on the outside of the knee leading to pain and tenderness.

As with most inflammatory conditions, treatment is focused at first decreasing the amount of inflammation. This can be performed with appropriately prescribed anti-inflammatory medication or ice to the area four times daily for 20 minutes. You and your surgeon may consider an injection with a steroid such as cortisone. Despite treating the inflammation, the problem is only partially solved and may return without properly stretching the iliotibial band and the muscles attached to it as well as modifying any provocative activities.

We have assembled a series of stretches which have proven clinical benefits in treating iliotibial band syndrome. Please visit our Physical Therapy tab at our website www.floridajointcare.com to view our instructional videos created by our surgeons and therapists to correctly perform these stretches at home.

Home Exercise Program

Follow along with instructional videos on our website www.floridajointcare.com

1. Iliotibial band stretch – hold for 30 seconds, perform twice daily
2. Gluteus maximus stretch – hold for 30 seconds, perform twice daily

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