



●Foot and Related Lower Limb Pain ●Sports Injuries ●Children's Foot and Walking Disorders ●Orthotic Therapy and Prescription Innersoles  
●Sports and Dress Shoe Advice ●General Podiatry and Foot Care

## Illiotal Band Friction Syndrome

### What is Illiotal Band Friction Syndrome?

The Illiotal band (ITB) is a band of strong connective tissue which runs from the pelvic bone (ilium) down the outside of the thigh to the top of the shin bone (tibia). Illiotal band friction syndrome (ITBFS) is a condition which describes the rubbing of this band of tissue over the bony bump outside of the knee joint.

### How Does this happen?

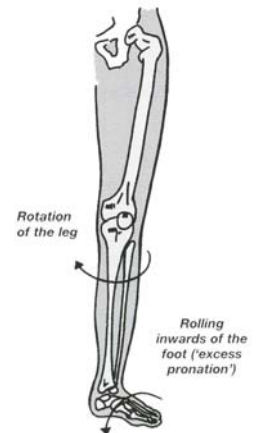
ITBFS is an overuse injury. When the knee goes from a bent position to a straight position the ITB slides over the bony bump on the outside of the knee. When this is performed repeatedly or the ITB becomes excessively tight, wear and tear of the band develops as it flicks over the bony bump. This causes an inflammatory response at this site.

### Symptoms

The pain is often aggravated in activities which requires repetitive bending and straightening of the knee such as running. Initially, a dull ache 1-2 kilometers into a run, with pain remaining for the duration of the run. The pain disappears soon after stopping running, later, severe sharp pain which prevents running pain is worse on running downhill, or on cambered surfaces pain may be present when walking up or downstairs.

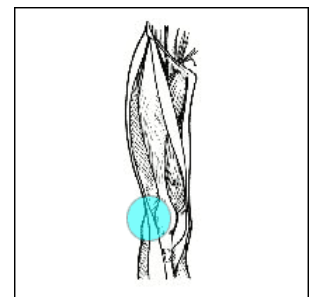
### Causes

Anything that causes the leg to bend inwards, stretching the ITB against the femur. For example over pronation (feet rotate too far inward on impact), tightness of the ITB muscle, lack of stretching of the ITB, incorrect or worn shoes, excessive hill running (especially downhills) and running on cambered surfaces overtraining.



### Treatment Illiotal Band Friction Syndrome:

- Rest
- Ice
- Anti-inflammatory medication
- Strapping
- Orthotic Therapy
- Stretching and Strengthening
- Physiotherapy



### Recovery

Your recovery will depend your individual health. If you are suffering with iliotal band friction syndrome, it normally takes about 4 to 6 weeks for a healthy individual to recover. This of course depends on the duration the condition has been untreated for.

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