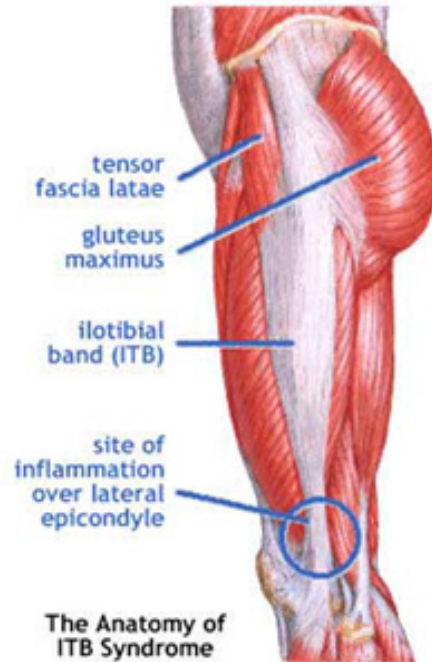


ILIOTIBIAL BAND SYNDROME



DESCRIPTION: Pain and inflammation are caused by friction between the overly tense Iliotibial band and the femur, which in turn irritates the bursa that lies beneath the insertion of the iliotibial band.

SYMPTOMS: Lateral knee pain or a dull ache that begins during activity and continues for the duration.

CAUSES: Tightness of the IT Band, overpronation, improper footwear, excessive hill running, overtraining, and running on uneven surfaces.

SELF-TREATMENT: Discontinue running/walking and increase stretching. Self-massage the lateral portion of the thigh (not the knee area), ice, address any faulty mechanics, and return to activity gradually.

HELPFUL PRODUCTS:

FOAM ROLLER: A foam roller will be your ITB's best friend. It will allow you to effectively self-massage the length of the IT band and address other tense areas.

STRENGTHENING BANDS: Some IT issues can be due to muscle imbalance. Strengthening bands allow for a small amount of adjustable resistance to be used to strengthen during rehabilitation.

THE STICK: The stick will function in much the same way as the foam roller, but is much more portable.

INSOLES/PROPER FOOTWEAR: Have your footwear and gait evaluated to ensure that you are not experiencing problems because of over or under stabilization.

IT BAND STRAP: The IT band strap goes above the knee and places compression just above the irritated area, helping the tension to dissipate and the IT Band to lengthen out.

GOOD FORM RUNNING: Poor posture and excessive heel striking with a straight leg put additional stress on the ITB. Sign up for our free clinic and learn how to improve your running form, run more efficiently, and avoid injury.

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