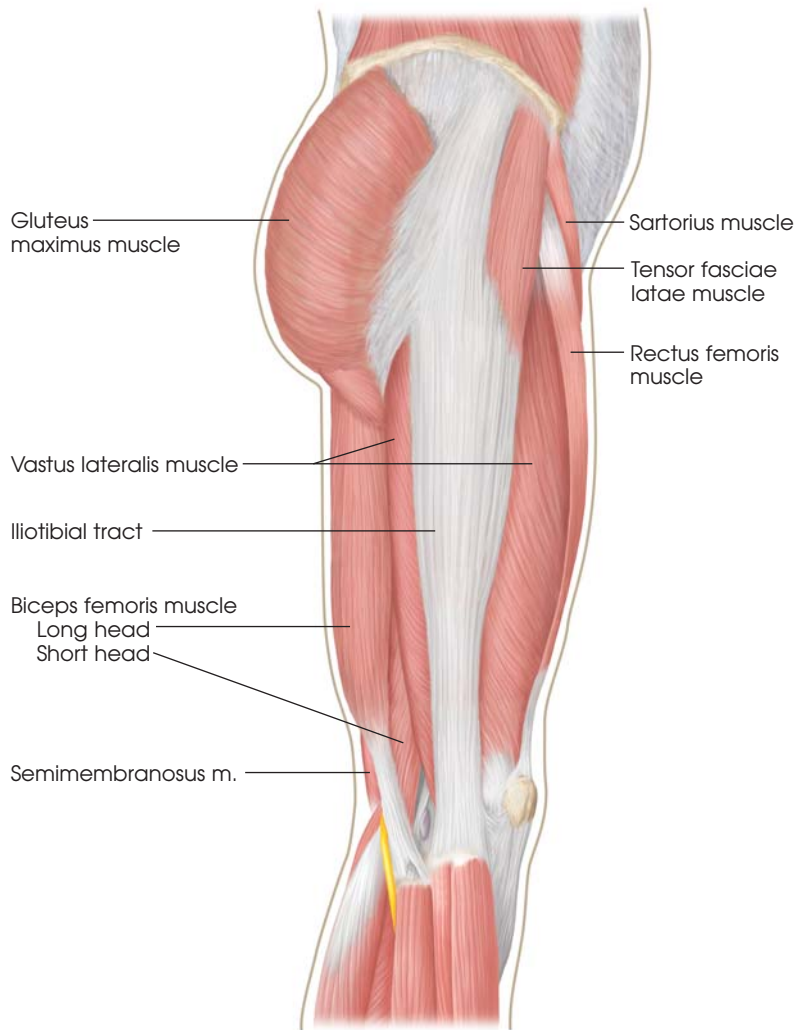
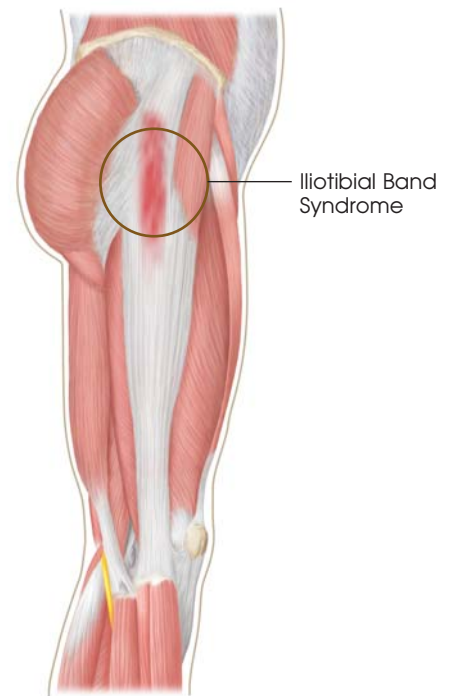


# Iliotibial Band (ITB) Syndrome at the Hip

Normal Hip and Thigh Anatomy:  
Lateral View



Iliotibial Band Syndrome



**Iliotibial Band Syndrome (ITB)** at the hip involves the iliotibial band, a long band of muscle-tendon that runs from the buttocks along the outside of the thigh and attaches to the outside of the knee. Discomfort is noticeable when the iliotibial band rubs against a bone at the hip or the hip bursae (fluid-filled sacs). ITB syndrome is common in runners and cyclists. Symptoms include pain or aching at the outside of the hip or the feeling of snapping at the hip (as the ITB moves back and forth over the joint).

## Common Treatment Options

- Apply ice packs to the hip for 20-30 minutes every 3-4 hours for the first 2-3 days until the pain goes away.
- Take anti-inflammatory medications such as ibuprofen or naproxen.
- Do stretching exercises of the gluteus and ITB as prescribed by your physician.
- Perform deep massage or rolling of the outside of your thigh with a foam roll.
- Modifying activity or sport may be necessary to reduce symptoms.
- Steroid injections may be recommended by your physician.
- Surgery is rarely needed.

