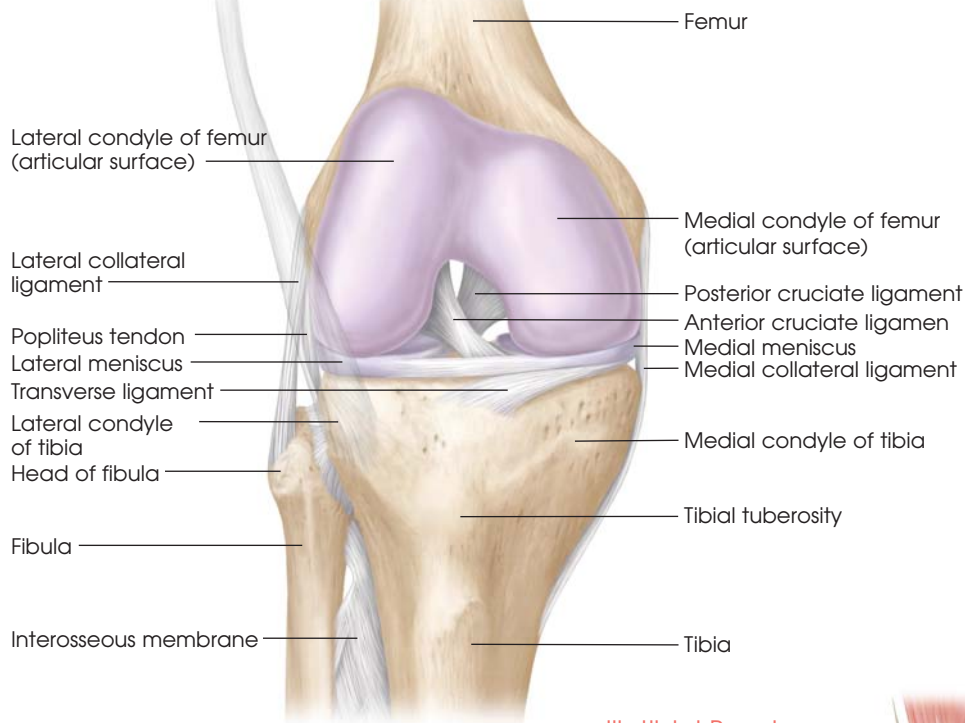
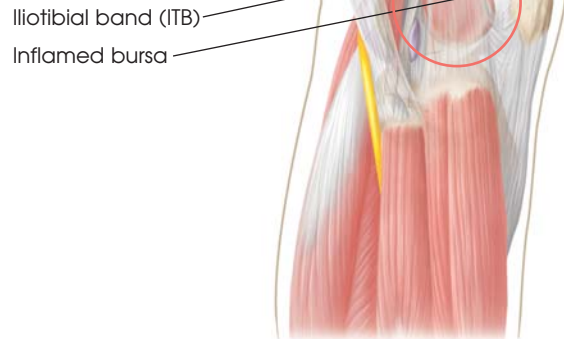


Iliotibial Band (ITB) Syndrome: Runner's Knee

Normal Knee Anatomy: Anterior View



Iliotibial Band (ITB) Syndrome Lateral View



Iliotibial Band (ITB) Syndrome also called "Runner's Knee," is the inflammation of the iliotibial band, a thick band of fibrous tissue that runs down the outside of the leg. This band is crucial to stabilizing the knee during running. ITB syndrome occurs when this band of tissue becomes irritated and inflamed by repeated flexion and extension of the knee. The most common symptom of ITB syndrome is pain on the outer side of the knee (particularly when running downhill).

Common Treatment Options

- Apply ice packs to the knee 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.
- Try deep massage or rolling the outside of your thigh with a foam roll.
- Modifying the activity or sport may be necessary to reduce symptoms.
- Steroid injections may be of benefit per your doctor's recommendation.

