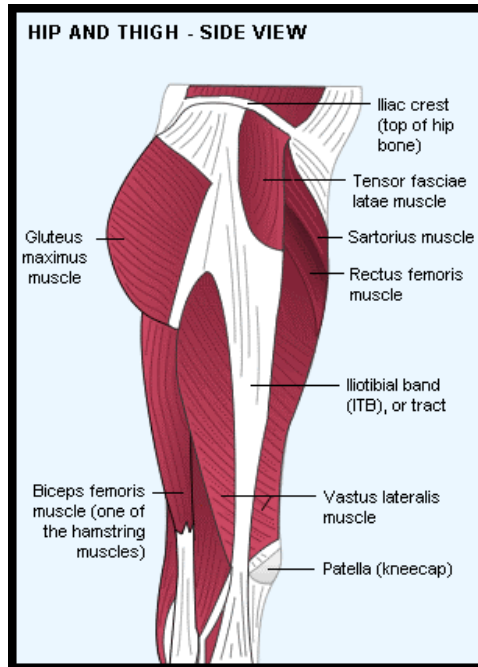


# ITB BAND SYNDROME



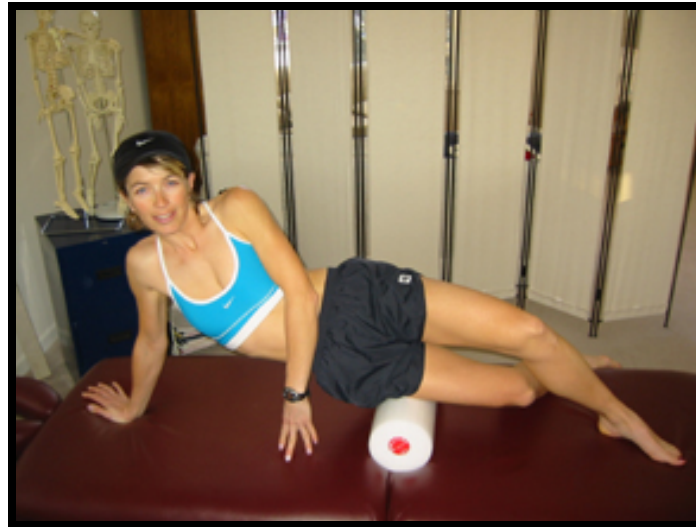
## **PROBLEM**

The ITB band syndrome is the primary cause of 10-15% of athlete's Lateral Knee Pain. It is caused by high intensity of training; overuse training; hip abductor weakness or excessive pronation (foot turning inwards). It's job is to help abduct the leg & stabilize the pelvis during single leg stance. It also acts as a lateral hip stabilizer to counter the adduction & internal rotation of the knee with eccentric loading. The glute medius & TFL are hip abductors, the GM externally rotates the hips & the TFL internally rotates the hips. Muscle imbalances are often the cause of ITB tightness. This is caused by weakening the GM (not used in sagittal movement) during running, due to frequent contracting of hamstrings & quads. The GM has to exert 3 x body weight to counteract movement of pelvis & maintain alignment when running.

## **SOLUTIONS**

- The ITB is a tendon & as such it is difficult to stretch out. Instead roll it out with a "stick" or foam roller (tiger tail) first, prior to stretching.
- **Strengthen the Glute Medius** – use Leg Band exercises to Abduct the lags & strengthen the GM.
- **Example Exercises:** Lateral Walks, Monster Walks, Band Clams, Step Downs & Single Leg Glute Bridges.

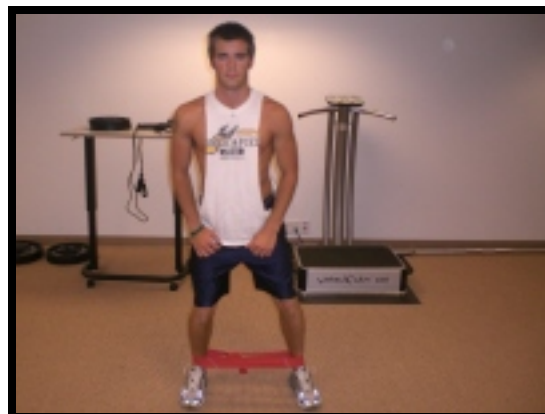
## ROLL-OUTS



## ITB STRETCHES



## LATERAL LEG BAND WALKS



**LEG BAND MONSTER WALKS**



**CLAMS**



**STEP DOWNS**



**SINGLE LEG GLUTE BRIDGES**

