

IT SYNDROME

by Scott Tribby 08_01_06

This month I'm addressing a condition known as Iliotibial (IT) Band Syndrome. The IT Band is a NOT a muscle, but rather a thick band of fascia that runs down the lateral side of the leg. Both the Gluteus Maximus and Tensor Fasciae Latae insert into the IT Band, which runs down the lateral thigh and attaches to the lateral aspect of the tibia (just below the knee). These muscles are largely involved in locomotion and stabilization of the pelvis, and can transfer their force down the band all the way to the tibia where it inserts. If there are imbalances in one's biomechanics, particularly when running and/or walking, then problems can arise in the IT Band.

The main symptom of IT Band Syndrome is pain during exercise, to the point of loss of function and mild edema (swelling). Pain can often migrate into the knee as well, and might also appear in the posterior hip region. Relief usually only comes after cessation of exercise and rest/relaxation. This condition can be one of the most debilitating and frustrating experiences for an athlete. I have known marathon runners who are accustomed to training distances of over 20 miles at a time who cannot even complete 2-3 miles once they've developed IT Band Syndrome.

So what can be done to correct this? First, understand that there is a biomechanical reason behind the problem, and until this is corrected the problem will keep coming back. Going to a sports medicine doctor, sports chiropractor, or physical therapist will be beneficial and help identify where the problem is occurring. As far as immediate and/or maintenance care is concerned, there are a few things you can do:

- ice for 10-15 minutes when symptoms arise
- massage, although I will warn you, this is probably the most uncomfortable and/or painful type of massage there is
- stretch frequently (see pic below)



- before exercising, use a foam roller (as seen in photo below) to help break up any adhesions that might affecting the function of the IT Band



- avoid long duration, repetitive types of exercise until the problem has been identified and you are well on your way to rehabing the situation

Hopefully utilizing these methods will help keep you relatively pain free until you can correct the problem permanently.

SCOTT TRIBBY

Connecticut | stribby@renegadetrainer.com

Scott is both a Sports Performance Coach and Licensed Massage Therapist that has worked with clients from every background. For the past 6 years he's helped elite athletes in a myriad of different sports (lacrosse, hockey, wrestling, tennis, soccer) achieve a high level of success, as well as those clients who are seeking to better their fitness and lead more productive, fulfilling lives.

Having also worked as a therapist in clinical settings, he also has experience dealing with clients who are injured and undergoing rehabilitation. By pairing these two skill sets with one another, Scott's overall philosophy is one that focuses on long-term health, maximum functionality and injury prevention. He is a firm believer that hard work pays big dividends, and is with his clients every step of the way to ensure that they achieve what they've set out to.

Certifications: Renegade Training Certified Trainer, NCBTMB Nationally Certified Massage Therapist.

Specialties: Sports performance and conditioning, Structural Integration, rehabilitative training, movement & postural analysis.