

RUNNERS AND CYCLERS BEWARE OF ITBS!

Iliotibial band syndrome (ITBS) is one of the most common causes of knee pain, particularly in individuals involved in endurance sports. It accounts for up to 12 percent of running injuries and up to 24 percent of cycling injuries. ITBS occurs as a result of excessive bending and straightening of the knee. The iliotibial band is soft tissue. When it becomes inflamed from repetitive knee motion, the band will rub (shear) or pinch (compress) over the lateral femoral condyle (part of the femur (thigh) bone). Poor alignment and or muscular control of the lower body will also cause ITBS.

ITBS can also occur with repetitive squatting, prolonged sitting or standing, climbing or kneeling. Individuals who quickly start a new exercise regimen without proper warm up or preparation for the exercise, sport or activity can develop ITBS.

In order to avoid the stabbing, stinging pain and swelling along the outside of the knee, it is best to ease into your exercise routine. The feeling of snapping over the knee as it bends and straightens can prevent you from making progress with your desired activity.

If you are interested in performing repetitive activities to help you improve fitness, then it is wise to schedule an appointment with us to learn proper warm up techniques and how to gradually progress your desired sport or activity. If you are having knee pain now, keep in mind early intervention speeds recovery. Helping you get quickly back in action is our primary goal.

When you have your **initial evaluation** session with us, a review of your medical history, surgeries, medications and a thorough physical examination will be performed of the back, pelvis, hips, knees, ankles and feet. A series of specialized movement tests will be provided to help pinpoint the precise source of your pain. We can identify if there is an alignment issue, scar tissue, fracture, ligament or cartilage injury, tendonitis, bursitis, impingement, a pinched nerve, a tear or muscle imbalance causing dysfunction.

The physical examination helps us develop a **personalized treatment plan** for the physical therapy office setting and for at home. Your treatment plan will include Pain/Primal Reflex Release Techniques (PRRT) (see our June 3, 2012 article), Graston (see our June 24, 2012 article) and other manual therapies to reduce soft tissue restrictions, poor alignment and your pain. For most, pain is reduced at least 50 percent at the end of the first session. Modalities such as biofeedback, ice, heat, taping, iontophoresis, ultrasound and electrical stimulation may be used to help manage pain and inflammation while pain free movement is restored with therapeutic exercise, functional training and postural correction. As always, our focus is on getting your pain and difficult function under control as you learn self-care and home exercise techniques to reach your goals.

If you are interested in having us help you with your knee pain or any other condition then contact us at

(585) 396-1400. You can also email us at Zoe@lakecountrypt.com or Robert@lakecountrypt.com.
For more information about Lake Country Physical Therapy and SportsCare, PC, visit us at www.lakecountrypt.com.

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