



New West Sports Medicine

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Exercise Pearls for Iliotibial Band Friction Syndrome

The iliotibial band (ITB) is a fascial band running from the tensor fascia latae muscle of the hip to the outside of the leg immediately below the knee. Weakness of the hip abductors and poor biomechanics can result in friction and inflammation at the lateral side of the knee.



Ober Test

- Abductor flexibility test



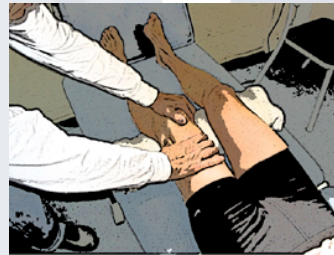
Thomas Test

- Iliopsoas flexibility



Isolated Stretch

- at the hip



Isolated Stretch

- At the knee



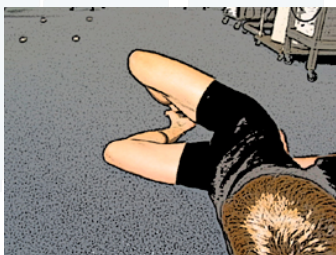
Massage the ITB

- The Stick roller



Auto Massage

- with six inch round foam roll



Clam

- External rotation



Reverse Clam

- Internal rotation



Hip Abduction Strength

- open kinetic chain



Hip Abductor Strength

- closed kinetic chain



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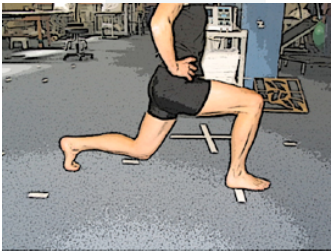
Exercises for Iliotibial Band Friction Syndrome Cont.



Hip Extension
• open chain



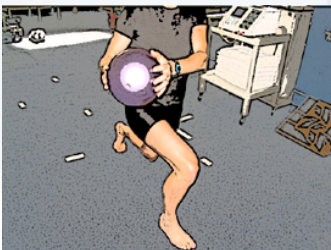
Hip Extension
• closed chain



Lunge Walk



Single Leg Balance
• knee high



Extension Lunge
• with rotation



Pivot
• on a single leg



Retro Walk
• ensure full hip and knee extension



Leg Stride
• off a four inch lift

Athletes with ITB friction syndrome may have faulty biomechanics predisposing them to the condition. Excessive pronation affects tibial internal rotation. Pelvic asymmetry alters ITB tension.

Training errors may be a factor and must be addressed upon return to activity. When returning to running, it helps to start initially on a slight, gradual uphill slope. Try to ensure full extension of the hip and knee.