



The Spinal Column

Do you have pain in your knees ? (Iliotibial Band Friction Syndrome)

By Brian Bennett, R.M.T.



Lateral knee pain is a frequent problem especially in runners, the main cause being Iliotibial band friction syndrome. ITBFS occurs as a result of friction between the IT band and the lateral epicondyle of the femur when passing 30°. This friction can lead to tendonitis or an inflammation of the bursa located between the two structures.

The symptoms of IT Band friction syndrome is felt as an ache or burning pain over the lateral epicondyle of the femur (the lower part of the knee, on the outside), and may have associated crepitus. Pain may be elevated by running, especially on long distance runs or increased intensity i.e. tempo runs and hill training, also on resisted knee flexion and extension over 30° (due to posterior displacement of the IT band and retinaculum).

IT Band friction syndrome is most common on distance runners who have either inappropriate training habits and/or abnormal biomechanics, both resulting in increased strain to the lateral knee. Biomechanically, an athlete may be prone to pronation, which causes a varus strain on the knee, excessive lateral tilting of the pelvis causing strain to the

proximal band.

Short term treatment deals mainly with symptomatic relief.

- **NSAIDS** - Nonsteroidal antiinflammatory drugs to decrease inflammation and continual irritation.
- **Electrical Modalities** - Such as IFC (Interferential Current) and ultrasound to assist with inflammation reduction.
- **Soft tissue therapy** - The use of deep tissue massage to decrease muscle and fascial tension and restrictions.

Long term treatment deals mainly with prevention of causative factors, such as biomechanics, muscle imbalances and training habits. Recommended treatment may include:

- **Orthotics** from a chiropractor, chiropodist, or a podiatrist, to keep the foot on a stable supported surface.
- **Proper shoe selection** to assist in keeping the foot stable throughout the gait cycle.
- **Strengthening** of the lateral hip muscles to assist in stabilization of the pelvis and leg.
- **Stretching** on a regular basis to decrease tension transferred to the distal IT band, which caused the friction. Your Massage Therapist can help set up a stretching program for you.
- **Massage therapy** to reduce adhesions, and release the involved structures.
- **Selective training habits** to decrease downhill running, and time spent training on cambered roads, i.e. change surfaces to run on.
- **Corticosteroid injections** to the bursa to reduce stubborn or nagging inflammation.
- **Surgery** to release the IT Band and remove the bursa.

If you are experiencing pain in or around your knee's, it is important to seek medical attention quickly in order to prevent chronic conditions that may take a long time to heal. If you have any questions, drop by the clinic!

About the Author:



Brian Bennett graduated in 1999 from the Canadian College of Massage and Hydrotherapy in Newmarket, completing a 2200 hr program including assessment and treatment of many soft tissue pathologies. After passing his board exams Brian began working in Toronto, at the Sports and Exercise Medicine Institute, where he treated some of the Canada's top athletes. During this time Brian also opened his own practice here in Brampton where he has treated clients for the past 3 years, and has now joined us here at "in Good Hands".

Since graduating 4 years ago Brian and his company "On-Site Massage Therapy" has also provided Massage Therapy to the Subaru triathlon series, the Adventure Racing Canada series, 24hrs of Adrenalin Mountain bike series, Chico Mountain Bike series, Gears 24hrs of Spin events, The Running Room Race series, and the Men's Masters Tennis series held at York University every 2 years. Brian also provides on-site Massage Therapy for several large companies around the GTA including Kraft Foods, and Canon Copiers.

If you have any questions regarding Massage Therapy, or would like to book an appointment please see the staff at "in Good Hands".

Main and Franchise Clinics:



In GoodHands Rehabilitation & Wellness Centre

Bramalea City Centre – Inside GoodLife Fitness
Unit 50A - 25 Peel Centre Drive, Brampton, ON L6T 3R5
Phone: (905) 453-5858 **Fax:** (905) 453-8995
Email: info@ingoodhandswellness.com

Services:

- Acupuncture
- Chiropractic Care
- Massage Therapy
- Naturopathic Medicine
- Orthotics
- Physiotherapy

Products:

- Athletic Braces & Splints
- Compression Stockings
- Memory Foam Pillows
- Custom Made Orthotics
- Health Supplements

Clinic Hours:

Mon. and Wed.: 9:30 am - 8:30 pm
Tues. and Thurs.: 10:00 am - 9:00 pm
Fri.: 9:30 am - 7:00 pm
Sat.: 9:30 am - 2:30 pm
Sun.: Closed

In GreatHands Chiropractic & Wellness Centre

Inside Oshawa Centre Mall
C/O Goodlife, 419 King Street West, Oshawa, ON L1J 2K5
Phone: (905) 433-9520 **Fax:** (905) 433-8144
Email: oshawa@ingreathands.com

Services:

- Chiropractic Care
- Dry Blood Analysis
- Hair Analysis
- Irridology
- Massage Therapy
- Nutritional Urinalysis
- Orthotics
- Psychology
- Reflexology
- Rehabilitation
- X-Rays

Products:

- Custom Made Orthotics
- Health Supplements

Clinic Hours:

Mon. - Thurs.: 9:00 am - 7:30 pm
Fri.: 9:00 am - 7:00 pm
Sat.: 9:00 am - 5:00 pm
Sun.: Closed