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INTRO TO ILIOTIBIAL BAND STRETCHING PROGRAM



The iliotibial band is that wide flat piece of tendon you can feel coming down the side of your thigh and attaching to the front of the tibia bone of your knee. It is the bane of many runners and cyclists, but certainly can get irritated with any aggressive activity program. It is treated in much the same way as other tendonitis issues; that is decreasing the inflammation with “RICE” (see attached handout) .

One of the classic reasons for iliotibial band tendonitis is poor shoe support. You will be evaluated for leg length problems or other foot issues that may necessitate the use of a noncustom or custom orthotic (shoe insert). Proper shoe modification, anti-inflammatory measures such as RICE, adjustments in your training schedule and a good stretching and exercise program can usually take care of iliotibial band tendonitis.

We have given you some suggests for stretches, but as noted above, this can be a touch structure to really stretch. Again, do some experimentation and pay attention to your athletic publication and friends who have struggled with this problem. Because humans are different, some stretches might work better for you than others and sometimes it is just a question of finding the right ones. When trying to calm this problem down with your “return to running program” (see other handout), we recommend a good core warm up such as sit-ups, pushups, etc. followed by stretching program. Then as you begin running, after 200 or 300 meters, we would recommend stopping for a good 60 seconds and stretching your quads, hamstrings and of course the iliotibial bands. Your run can then continue for another 700 or so meters and then this will be repeated. As annoying as this sounds, and certainly it not only sounds annoying but it is, the concept is to slowly increase the stress to this area while it is trying to repair itself. More aggressive treatment for this problem such as cortisone injections, or even surgery, will be discussed with your doctor as needed. Be patient and most of these problems can be resolved.

