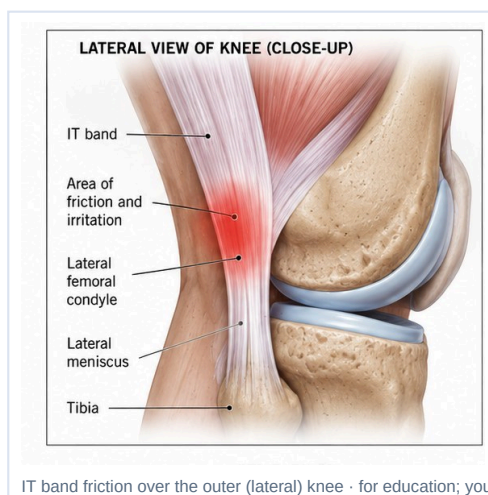


KNEE CONDITION

IT Band Syndrome

Iliotibial Band Friction Syndrome — Patient Condition Guide



OVERVIEW

The iliotibial band is the long, thick band of tissue running down the outside of the thigh. IT band syndrome — sharp outer-knee pain caused by irritation where the band crosses the outside of the femur — is one of the most common overuse injuries in runners and cyclists, typically triggered by rapid increases in mileage, downhill running, or hip weakness.

SYMPTOMS

- Sharp or burning pain on the outside of the knee
- Comes on predictably at a certain distance or time into a run
- Worse running downhill or on cambered roads
- Tenderness over the outer knee about a finger's width above the joint line

DIAGNOSIS

History and examination make the diagnosis; imaging is reserved for atypical cases to exclude lateral meniscus or cartilage problems.

TREATMENT OPTIONS

Short-term: reduce the aggravating volume, ice, and anti-inflammatories. Definitive: a hip-focused strengthening program (gluteus medius especially), addressing running mechanics and training errors, with a graded return to mileage. An injection can settle a stubborn flare. Surgery is almost never needed.

RECOVERY OUTLOOK

Most runners are back to full mileage in 4–8 weeks with a structured program — and stay there when the hip strength work continues.



SCAN FOR THE LATEST VERSION ONLINE

robertpettitmd.com/handouts/it-band-syndrome.pdf

This handout is for general patient education and does not replace personalized medical advice. Always follow the specific instructions given by Dr. Pettit and your care team.

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HOME EXERCISE PROGRAM

IT Band Syndrome: Exercises & Strengthening

IT band pain is usually a hip-strength problem. This program targets the gluteal muscles that control the band's tension.

Stop and call the office at (513) 354-3700 if any exercise causes sharp pain, swelling, numbness, or symptoms that worsen into the next day. This general program does not replace an individualized plan from Dr. Pettit or your physical therapist.



Clamshells

3 sets of 15 per side, daily

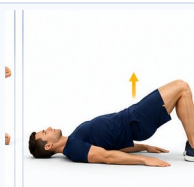
Side-lying with knees bent and feet together, lift the top knee like a clamshell opening while keeping the pelvis still.



Side-Lying Leg Raise

3 sets of 12, daily

Side-lying with the top leg straight and in line with your body, lift it toward the ceiling, then lower slowly.



Glute Bridge

3 sets of 12, daily

On your back with knees bent, squeeze the buttocks and lift the hips until the body forms a straight line, then lower slowly.



Figure-4 Glute Stretch

3 × 30-second holds per side, daily

Seated or lying down, cross the ankle over the opposite knee and gently pull the legs toward the chest until the outer hip stretches.



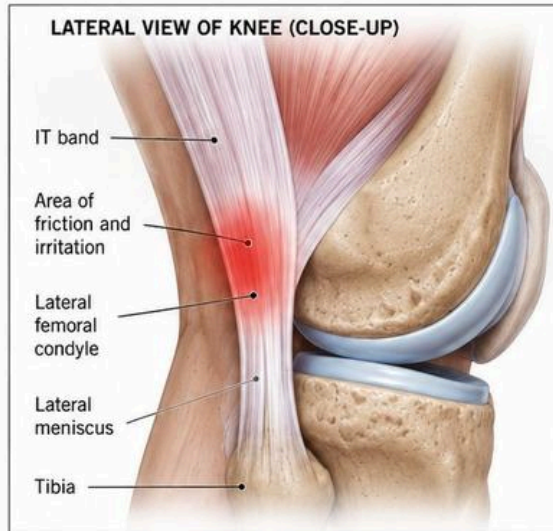
Single-Leg Balance

3 × 30 seconds per leg, daily

Stand on one leg near a counter for safety. Progress by closing your eyes or standing on a pillow.

IT BAND SYNDROME

Irritation of the iliotibial band (IT band) as it rubs over the outside (lateral) part of the knee.



The IT band can become tight or inflamed and rub against the outer part of the knee where it attaches to the tibia, causing pain.

COMPARISON

Normal IT Band



IT Band Syndrome



COMMON CAUSES

- Overuse (running, cycling, hiking)
- Increased training intensity or duration
- Muscle imbalances (weak hip abductors)
- Tight IT band or inadequate stretching

For patient education; your anatomy may differ.