Myofascial Release for Iliotibial Band
What is iliotibial Band Syndrome?

Iliotibial band syndrome, or ITBS, is due to inflammation of the iliotibial band, a thick band of fibrous tissue that runs down the outside of the leg. The iliotibial band begins at the hip and extends to the outer side of the shin bone (tibia) just below the knee joint.
ITB is a common injury, which often sidelines runners and triathletes from activity. The ITB is a tough, thick band of fibrous tissue that spans the outer aspect of the thigh and emanates from the gluteus maximus, gluteus medius, and tensor fascia latae.
Causes of ITB Syndrome

Even though there is little scientific support of ITB syndrome’s etiology, experts agree that it has many possible causes. In addition to an athletic injury from a change in surface, speed, distance and shoes, the following likely contribute to ITB syndrome:

- Limb length discrepancy
- Bow-leggedness (Genu varum)
- Over-pronation
- Hip adductor weakness
- Myofascial restriction
Symptoms

• Pain on the outside of the knee or hip.
• Snapping hip pain as the iliotibial band snaps back and forth over the point of the hip (greater trochanter).
• Pain that generally disappears as the band is stretched out and becomes more flexible.
• Pain that improves with rest.
The basic principles of treating ITB syndrome are similar to any soft tissue injury. The following strategies help a majority of athletes with ITB syndrome return to their sport:

- Inflammation control with ice and anti-inflammatory medication
- Activity modification by avoiding aggravating motions
- Underlying problem correction by assessing and fixing biomechanical flaws
What is Self Myofascial Release?

Self myofascial release (SMFR) is a great way to improve flexibility and mobility of tight muscles and restricted joints.

It works on two principles:

- It breaks up facial adhesions
- It manipulates certain neuromuscular receptors to let the muscle release any tightness

- Please watch this demonstration
Benefits of Self-Myofascial Release

- Corrects muscle imbalances
- Improves joint range of motion
- Relieves muscle soreness and joint stress
- Decreases neuromuscular hypertonicity
- Increases extensibility of musculotendinous junction
- Improves neuromuscular efficiency
- Maintains normal functional muscular length
Myofascial Release Exercise

• Position yourself side lying on foam roll. Bottom leg is raised slightly off floor. Maintain head in "neutral" with ears aligned with shoulders. Roll just below hip joint down the lateral thigh to the knee.

• Perform 10 knee bends

• Watch this video to get a better idea.

• [http://www.youtube.com/watch?feature=player_detailpage&v=SvKyY7wB7V8](http://www.youtube.com/watch?feature=player_detailpage&v=SvKyY7wB7V8)
Summary

• Today we went over
• Iliotibial Band Syndrome
• Causes of ITB
• Symptoms
• Treatments
• Self Myofascial release techniques and exercises
Thank you for your time!
Reference:

http://www.lightfield.com/etc/Self_Myofascial_ReleaseMM.pdf


http://www.performbetter.com/webapp/wcs/stores/servlet/PBOnePieceView?storeId=10151&pagename=91
