

Iliotibial Band Syndrome

Introduction

The iliotibial band (ITB) is a thick, fibrous band originated from the pelvis bone. It crossed the lateral aspect of hip and knee and inserted on the proximal lateral tibia. Repetitive knee and hip flexion and extension during exercise may cause the ITB to rub against the distal lateral aspect of femur, causing pain and irritation. It is more common among runners or sports that involve jumping.

Symptoms

You will feel pain over lateral aspect of knee without preceding trauma. It is usually associated with sudden increase in training intensity and frequency.

Diagnosis

Your orthopaedics surgeon will take a detail history and perform a thorough examination. The typical feature would be local tenderness over the distal iliotibial tract at the distal femoral condyle, which is aggravated by pressing the insertion and flexing – extending the knee. X ray is usually normal. MRI will show superficial subchondral edema and associated bursitis. It would help to rule out stress fracture, uncommon but serious injury.

Treatment

This injury most often responded well to conservative treatment, including activity modification, stretching of iliotibial band, physiotherapy and anti-inflammatory medications. Surgical treatment, which included open release of insertion and removal of inflamed bursa, was reserved for resistant cases.