

**Sound familiar?**

“My knee hurts”  
 “I didn’t do anything”  
 “I didn’t even go that far”  
 “I can’t stretch this out”

# IT Band Syndrome

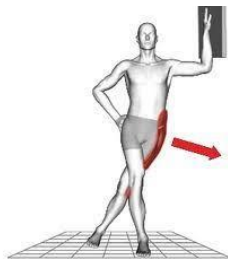
## What is the IT BAND?

- It stands for ILIOTIBIAL BAND. It inserts at the outer portion of hip and travels down outside of thigh to the knee.
- Function: important stabilizer for knee; also helps with moving leg out to the side. The tendon shifts as the knee bends or straightens and is in constant use during movement.



## PREVENTION

1. Need to warm up prior to movement such as ~ heel/toes, knee to chest, butt kicks, lunges/squats, etc.
2. Ease into any program, exercise, routine. Give your body time to adapt.
3. Switch up movement and routine, work other muscle groups (cross training).
4. **STATIC STRETCH AFTER:** be warned, one of the **TOUGHEST** tissues to properly stretch



## TREATMENT

**FOAM ROLLING IS THE MOST EFFECTIVE WAY TO MOBILIZE AND HEAL AN IRRITATED IT BAND.**

