

IT Band Syndrome

Outer knee pain in runners and cyclists: home program

IT band syndrome causes pain on the outside of the knee, usually during running or cycling. The best-proven treatment is strengthening the hip muscles that control your knee, along with a short break from the activity that hurts.

- Cut back your running distance for now. Avoid downhill running and slanted road shoulders.
- Do the exercises once a day, 5 days a week.
- Return with run-walk intervals on flat ground once the side step-down is pain-free.
- If your foam roller hurts on the outer thigh, roll the front of the thigh instead.

Pain guide: Mild discomfort up to 3 out of 10 is OK during exercise. It should settle back to your usual level by the next morning. If it doesn't, do less next time.

YOUR PROGRAM

Side-Lying Hip Raise

Lie on your side, bottom knee bent. Keep your top leg straight and slightly behind you, toes forward. Lift about 12 inches, lower slowly.

Do: 12 reps x 2 sets, each side

Don't let your top hip roll backward.



Clamshell

Lie on your side, knees bent, heels together. Keep your feet touching and lift your top knee. Don't let your hips roll back.

Do: 15 reps x 2 sets, each side. Add a band when easy

Bridge

Lie on your back, knees bent, feet flat. Squeeze your buttocks and lift your hips until you are straight from shoulders to knees. Hold 3 seconds, lower slowly.

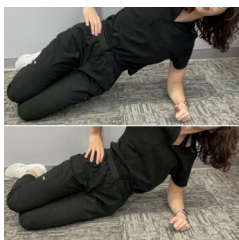
Do: 10 reps x 2 sets



Side Plank from Knees

Lie on your side on your elbow, knees bent. Lift your hips so you are straight from shoulders to knees. Hold.

Do: Hold 20 seconds, 3 times each side. Build to 45 seconds



Side Band Walk

Put a loop band around your ankles or above your knees. Bend your knees slightly and step sideways, keeping the band tight.

Do: 10 steps each way, 3 times



Side Step-Down

Stand sideways on a step on your working leg. Slowly bend that knee to lower the other heel to the floor, then stand back up.

Do: 10 reps x 2 sets

Keep your knee pointing over your second toe. Don't let it cave in.



Single-Leg Hip Hinge

Stand on one leg, holding a counter. Hinge forward at the hips, reaching the other leg straight back, back flat. Return to standing.

Do: 10 reps x 2 sets, each side



Foam Roll Front of Thigh

Lie face down on your forearms with a foam roller under the front of your thigh. Roll slowly from hip to just above the knee.

Do: 1 to 2 minutes each leg

Roll the front of the thigh, not the outer thigh or hip.



This program is a guide. Stop any exercise that causes sharp pain and let us know. Questions? Call (425) 656-5060.