

# Iliotibial Band Syndrome (ITBS): Causes, Symptoms & Physiotherapy Treatment

Struggling with persistent pain on the outside of your knee-especially during or after running?

You might be experiencing Iliotibial Band Syndrome (ITBS), one of the most common overuse injuries in runners and active individuals. Left untreated, ITBS can severely impact your performance and lead to long-term problems with knee alignment and hip control.

At Weaver Physiotherapy & Sports Injury Clinic, we specialise in diagnosing and treating IT band syndrome using evidence-based, hands-on physiotherapy tailored to your needs.

### What Is Iliotibial Band Syndrome?

The iliotibial band is a thick band of connective tissue that runs along the outside of your thigh, from the hip to the shin. It helps stabilise the knee and hip during movement, especially in running and walking.

ITBS occurs when this band becomes tight or inflamed and starts to rub against the outer part of the femur (thigh bone), causing pain and irritation around the lateral (outer) knee.

### Common Contributing Factors:

- Weak gluteal muscles
- Poor hip stability or control
- Overtraining or sudden increase in mileage
- Running on cambered roads
- Tightness in the IT band or fascia

- Incorrect footwear
- Poor running form

#### Symptoms of ITBS:

- Pain that worsens with running, especially downhill
- Tenderness or tightness over the outer knee
- Discomfort with stairs or prolonged sitting
- Swelling or clicking in some cases

#### How Physiotherapy at Weaver Physio Can Help:

1. Comprehensive assessment
2. Manual therapy for tight structures
3. Tailored rehab to strengthen hips and glutes
4. Shockwave therapy for chronic cases

#### Real Patient Story:

"I'd been struggling with lateral knee pain for six months... I'm now running pain-free!" - Ellie, 34, Knutsford

#### Why Choose Weaver Physiotherapy?

- Trusted by Cheshire runners
- Specialist sports physio knowledge
- Hands-on + exercise rehab
- Northwich clinic serving Knutsford, Winsford, Middlewich

#### Book Now:

Phone: 01606 227484

Web: [www.weaverphysio.com](http://www.weaverphysio.com)

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