

# ITB Friction Syndrome



## What is ITB Friction Syndrome?

ITB friction syndrome is a common overuse injury that causes **pain on the outside of the knee**, particularly with running, cycling, or repetitive bending activities. It occurs when the iliotibial band (ITB), a thick band of connective tissue that runs from your hip to your knee, becomes irritated.

👉 In simple terms: **It is irritation of a tight band on the outside of your thigh which rubs against the knee during movement**

## Why does ITB Friction Syndrome happen?

ITB syndrome usually develops due to repetitive strain and poor load management, rather than a single injury.

Common causes include:

- Sudden increase in running or cycling volume
- Running on uneven terrain
- Poor footwear
- Weak hip and glute muscles
- Tight thigh muscles
- Poor running or cycling mechanics
- Inadequate recovery
- Downhill running

## Common symptoms

### Knee Symptoms

- Sharp or burning pain on the outside of the knee
- Pain that worsens with activity
- Discomfort during downhill running or stairs
- Pain after a certain distance/time
- Tenderness on the outside of the knee

### Other Signs

- Pain improves with rest but returns with activity
- Sometimes felt as 'tightness' along the thigh

## How can physiotherapy help?

Most people recover well with conservative physiotherapy treatment.

Physiotherapy treatment may include:

- Hip and glute strengthening
- Movement retraining
- Flexibility work
- Manual therapies
- Soft tissue releases
- Running or cycling technique assessment and advice
- Load management planning
- Activity modification
- Self-management strategies

Resting alone is rarely enough. Correcting strength and mechanics is essential.

**Our experienced physiotherapists will complete a thorough assessment of your injury and mechanics to create a personalised rehabilitation plan. Get back to doing what you love sooner. Contact our clinic today to schedule your appointment.**