

## **Iliotibial Band Syndrome Non-operative treatment**

The pain on the outside of your knee is due to inflammation (tendonitis) of the iliotibial band tendon. This tendonitis is not a serious injury, but the pain can greatly affect your capability to perform sports activities. You will experience pain on the outside of your knee when you run, go up and down stairs, and when pivoting.

We can keep you in training if you follow this treatment regimen:

- Take anti-inflammatory medication.
- Ice the outside of your knee three times a day.
- Perform the iliotibial band stretch six times a day.
- If your pain is severe, we may recommend you use a knee immobilizer and crutches for three days. Wear immobilizer during the day and night (You may remove for ice, stretching, and bathing).

Once you no longer have pain on the outside of your knee when you press on it, you will be able to do everything except routine running for the next two weeks. During these two weeks, you will participate daily in the following specific regimen:

- Perform iliotibial band stretches.
- Run until you feel tightness (not discomfort) on the outside of your knee.
- Once you feel tightness on the outside of your knee, stop running and perform the stretches. Do not run anymore that day.
- Each day, do the stretches and run until you feel tightness; goal = 3 miles without tightness.

Take the medication and use ice until your season is completed.