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RUNNER'S KNEE is painful and can be irritating for a really long time if not treated early. If you're an avid runner you may have experienced pain on the outer side of your knee. That pain is described as runner's knee which affects the iliotibial band. This structure is a thick connective tissue that attaches to the other muscles of the hip (tensor fascia latae and gluteus maximus) that crosses the knee joint attaching to the outer bone of the lower leg (fibular head).

Tip 1. ITB and tensor fascia latae stretch.

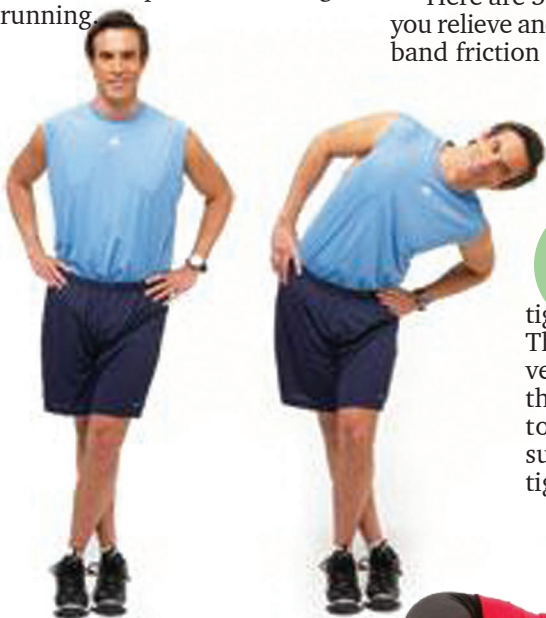
Stretch outer hips that will help loosen the ITband. This stretch can be done before and especially after a short and long run. Typically you would need to perform this stretch daily to prevent tightness of the hip muscles during running.

Due to the thick nature of the band and the repetitive nature of running programs, it can easily tighten along with the surrounding muscles. Without stretching prior to and after a run or proper treatment, iliotibial band friction syndrome can be detrimental to your running regimen.

Here are 5 tips that can help you relieve and prevent iliotibial band friction syndrome.

5 TIPS

on relieving RUNNER'S KNEE



Tip 2. Foam roll ITB.

Use foam roller to relieve tightness on the painful area. This is a great tool in preventing severe tightness on the ITband. It is advisable to roll the whole ITband surface so you won't miss a tight spot.



Tip 3. ITB kinesio tape.

Use of kinesio tape that allows the muscles to perform and help decrease the pain. Our clinic uses the Rock Tape, a different brand but has a better function as the kinesio tape as it is thicker and sticks well to your skin.



Tip 4. Ice massage.

Ice massage outer knee during rest days and definitely after a run. Using an ice pack on a bony surface of the body is not good enough. The advantage of this massage is that you can target the affected area; ice is applied directly to the painful area and is much effective with decreasing pain intensity.



Tip 5. Soft tissue release technique.

Another helpful way to prevent and relieve ITband pain is to get a massage. Sports specific massage technique is soft tissue release. This is offered in our clinic by our registered massage therapist. Call our office to book your appointment today!

These tips are simple and effective. The stretch and foam roller can be performed daily. Ice massage can be completed if you're in pain especially after a run. Just so you're aware, if you use all our tips and the pain is not going away, you may need to see an Athletic Therapist to assess your condition. Contact us at 204.999.0933 or visit our website at www.insahyu.com

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Please check out our fitness tips on our YouTube channel: Gymless Fitness

Don't forget to share and subscribe to our YouTube channel.

Thank you for taking the time to read our article. Please feel free to visit our website at www.insahyu.com or contact us at 204-999-0933 for athletic therapy consultation.

Services we offer at Insahyu Training & Therapy:

250 Saulteaux Location

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For more information, visit our website at www.insahyu.com

We are located at 250 Saulteaux Crescent
We direct bill to MPI, WCB and Manitoba Blue Cross.

Call 204-999-0933 to book your appointment today!!!

