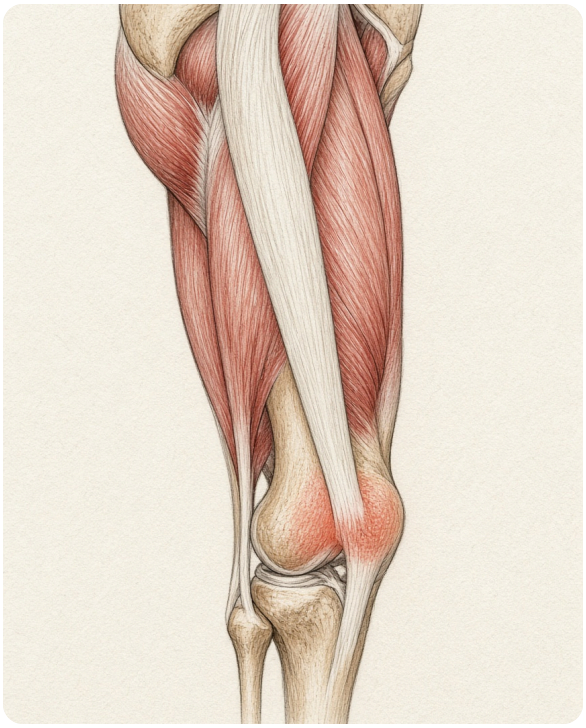
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PATIENT GUIDE

IT Band Syndrome

Pain on the outer knee? It could be **IT band syndrome.**

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What is IT band syndrome?

The iliotibial (IT) band is a thick band of tissue running down the outside of your thigh from the hip to just below the knee. With repetitive activity like running, or weak hip muscles, it can irritate the outside of the knee. Strengthening the hip that controls the leg and stretching along the band usually helps.

QUICK CHECK

Does this sound like you?

- ☐ Pain on the **outside of the knee**
- ☐ Pain when **pressing on the outside** while straightening the knee
- ☐ Pain with pressure on the side of the knee during a **single-leg squat**
- ☐ Pain on the outer knee **after running**
- ☐ Pain with **stairs or hills**

If you ticked a few boxes, your IT band could be irritated. Try the 3 exercises on the next pages.



Pressure on the outer knee while straightening



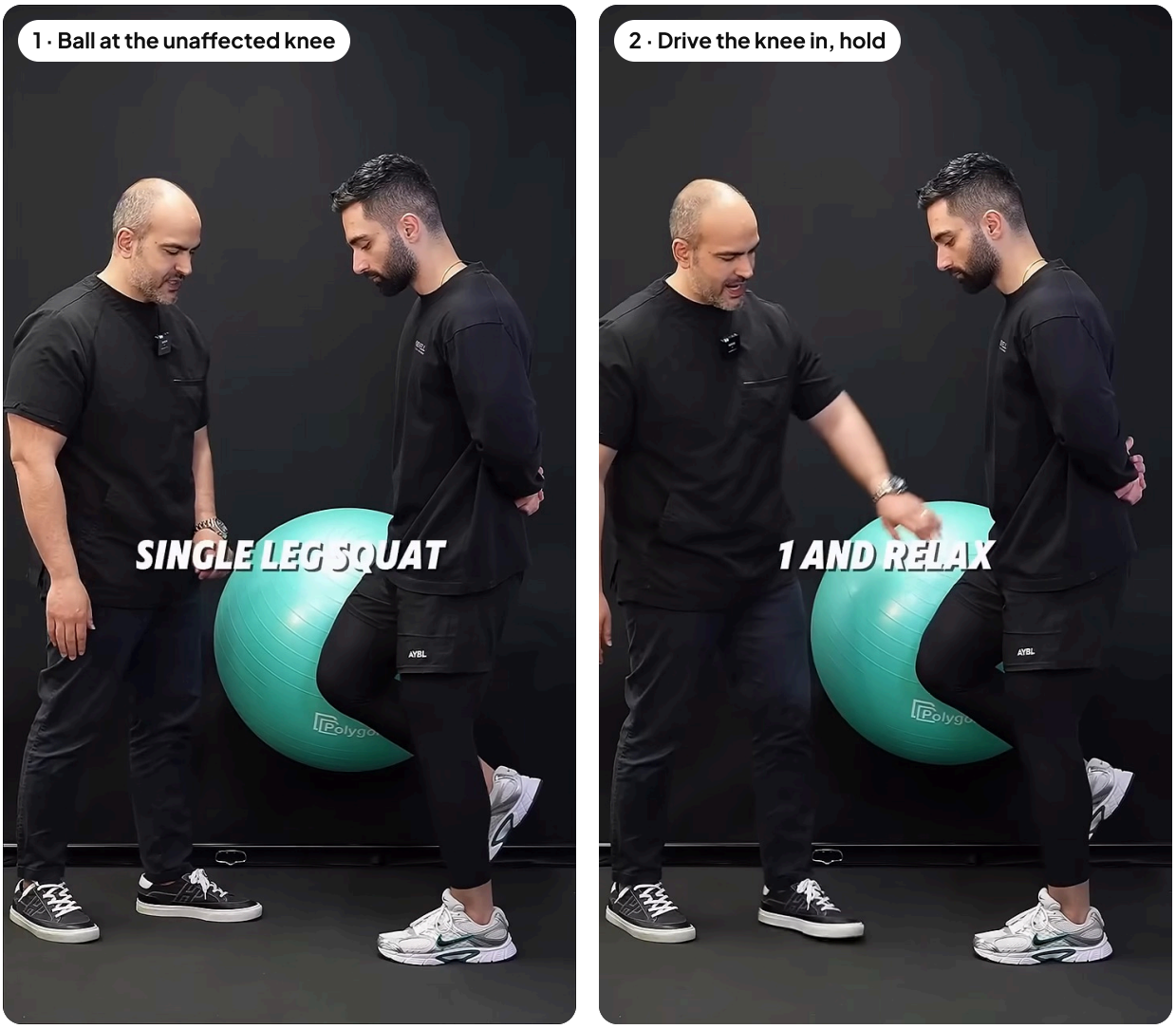
Pain in a single-leg squat

YOUR 3 EXERCISES

Try these exercises

1 Half single-leg squat + wall ball press

Strengthens the outside hip chain and the IT band



1. **Place a ball between the wall and your unaffected knee.**
2. **Do a half single-leg squat** on the affected leg and come right back up.
3. **Drive this knee into the ball. Hold it 3, 2, 1** and relax.
4. You'll feel that all along the IT band. Repeat.

3 sets of 10–15 reps, hold **3 s**

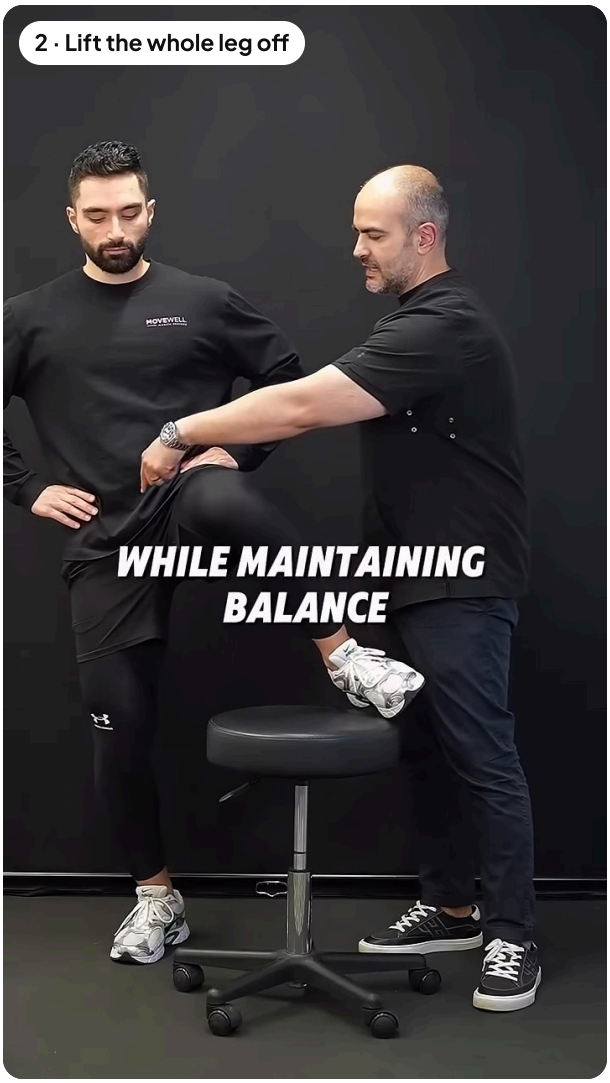
Hold from Armin's video; sets and reps suggested

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

2 Stool hip lift

Strengthens the hip on the leg you stand on





1. **Place your unaffected leg on a stool** like this.
2. **Internally rotate your hip.**
3. **Lift the whole leg off the stool** while maintaining balance on the affected leg.
4. You'll feel that all in your hip. Lower and repeat.

3 sets of 10–15 reps, slow and controlled

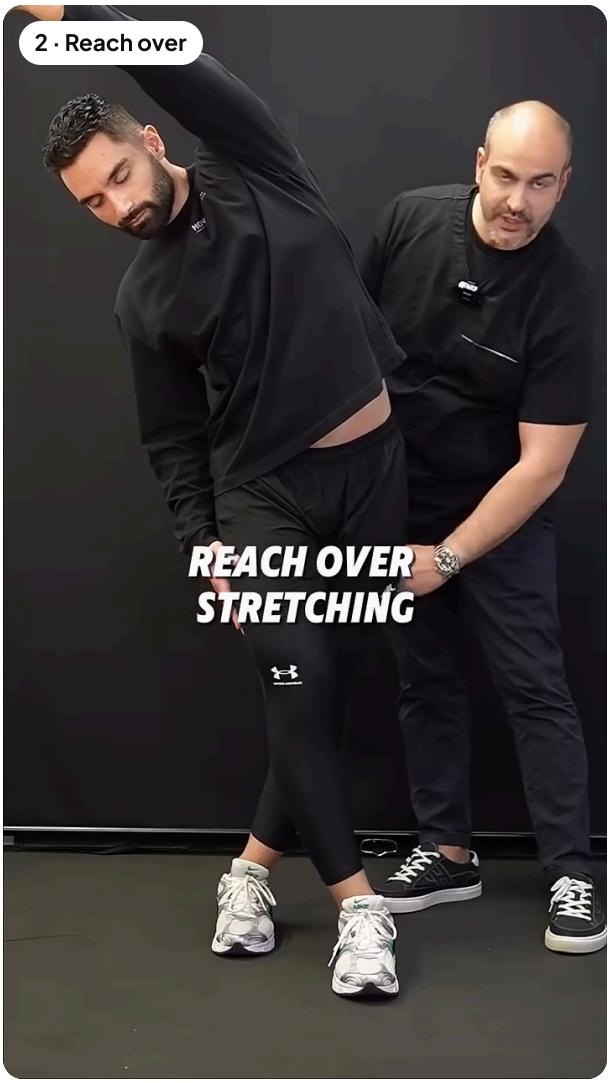
Suggested

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

3 Standing IT band stretch

Stretches along the outside of the hip and thigh





1. **Have your affected leg in behind.**
2. **Bring the other leg over** just like so (legs crossed).
3. **Reach over** to the other side, stretching out that IT band.
4. Hold, then come back and repeat.

Hold about 30 seconds, 2–3 times

Suggested

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

DAILY ROUTINE · ABOUT 10–15 MINUTES

Put it together

01
Strengthen
Half single-leg squat + ball press, 3 × 10–15

02
Strengthen
Stool hip lift, 3 × 10–15

03
Stretch
Standing IT band stretch, 30 s

The 3-second hold is from Armin's video; sets, reps, stretch holds and doing it once a day are suggestions. Ease off running volume while it settles (suggested). Suggested: mild discomfort up to about **4/10** is OK. Don't push through significant pain.

Stop the exercise if you notice

- Sharp pain in the knee, or the knee **locks or gives way**
- Pain above about 4/10, or pain that keeps building as you go
- **More swelling**, or pain that's worse the next day

If the squat is too painful, do a smaller bend or just the ball press while standing tall.

SAFETY FIRST

Get checked right away if you have

- You **can't put weight on the leg** or heard a **pop** with rapid swelling after an injury
- The knee is **locked** and you can't straighten it
- A **hot, red, swollen** knee with **fever** or feeling unwell
- **Calf pain, swelling or redness**, especially with shortness of breath
- **Numbness, tingling** or weakness in the leg or foot
- **Constant pain at night** or at rest that doesn't ease

Calf swelling with shortness of breath or chest pain needs **911**. If you can't bear weight after an injury, or have a hot swollen knee with fever, **go to the nearest emergency department**. For the others, see a doctor promptly. If your knee isn't improving after a few weeks, **book an assessment**.

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NEED MORE HELP?

Book an assessment with Armin

In clinic or virtually. See current options and times at the link.

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Disclaimer: This handout is for education only. It is not a diagnosis or medical advice and does not replace an assessment by a qualified health professional. If you're unsure whether these exercises are right for you, check with your physiotherapist or doctor first.

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