

Doctor's Corner

Runner's Knee (Iliotibial Band Syndrome - ITBS)

Are you in the 30% of the fifteen million runners in America afflicted with Runner's Knee? This condition frequently occurs in long-distance runners, sprinters, cyclists and triathletes.

What Is It?

The iliotibial band runs down the outside of the thigh. If this becomes tight from overuse, the tendon will start to rub on the knee. This repetitive action on the knee during running or walking will cause inflammation. This inflammation will cause swelling in the bursa, eventually causing a clicking sound on or around the knee. Running will then be too painful to participate in. If you rest it at this point, the inflammation will subside but because the Band is tight, the tendon will become inflamed again once you start running.

What to do about it?

Apart from using R.I.C.E. (Rest, Ice, Compression, Elevation), ultrasound, NSAID's, how about using a soft-tissue technique (Active release Technique) that requires an alteration in tissue structure to break up the restrictive cross fibro adhesions, (i.e., muscle tightness) and restore normal function to affected soft-tissue areas. To truly resolve ITBS, every structure that crosses the lateral side of the knee must be evaluated and treated, including:

- 1) The ITB Band and adhesions to surrounding structures
- 2) Muscle ligaments menisci and knee capsule that form part of the ITBS kinetic chain
- 3) The hip – clearing restrictions in the psoas in internal and external hip rotators, which are the most common cause of ITBS

To avoid re-occurrence

- 1) Incorporate specific stretching and strengthening exercises for the ITB and surrounding structures
- 2) Conduct a biomechanical analysis, which finds the soft-tissue structures that are the primary cause of the biomechanical dysfunction as well as affected structures restricting your performance.

Next Month - Part 2: Shin-splints

Robert G. Silverman is a Doctor of Chiropractic, Certified Nutrition Specialist, Certified Clinical Nutritionist, has a Masters of Science in Human Nutrition, is a Certified Strength and Conditioning Specialist, and is a Diplomate with the American Clinical Board of Nutrition. He has a full-time private practice in White Plains, where he is a practicing family and sports chiropractor and clinical nutritionist, while advocating the use of natural-based medicine. Dr. Silverman is one of the few practitioners in Westchester County who is certified in the highly acclaimed, medically patented, Active Release Non-Force Soft Tissue Technique, and also the cutting-edge Graston Technique, which is an advanced form of FDA-approved instrument-assisted soft tissue mobilization technique. For the past 3 years, he has been a member of the medical team of New York City's Triathlons and Marathons, Westchester Triathlons and local races. His Chiropractic associations include professional wrestling teams and local sports teams, where he has presented seminars on various topics including sports injuries and sports nutrition. In addition, Dr. Silverman has been chosen as the national spokesperson for the Vitamin Ester-C.