World Massage Conference Presents:

What's the 'Rub' on ITB Friction Syndrome

with Drew Freedman

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Feel Better

Let's Get Clinically

26.3

Boston Marathon

Our Fund
9415.000
Most Common Running Injuries

"The only thing that interferes with my learning is my education." - A. Einstein

Most Common Injuries

- Piriformis Syndrome
- Hamstring Pull
- Shin Splints
- Plantar Fasciitis
- Achilles Tendonitis
- Iliotibial Band Syndrome

Is it really inflamed?

Research has told us...

- that the pathology underlying these conditions is tendinosis or collagen degeneration
- Lack of white cell production
- Signs of tissue failure and degeneration


From the abstract: "Physicians acknowledge that overuse tendinopathies are due to tendinosis, as distinct from tendinitis, they must modify patient management..."
Is it really inflamed?

Research has told us...

- Tendonosis is tendon degeneration without clinical or histological signs of an inflammatory response. It appears that tendonosis is the major, and perhaps the only clinically relevant chronic tendon lesion.


- Consider an RSI like Shin Splints
- What happens to overused bone is similar to what happens to abused tendons.
- Degrades and Degenerates
- Stress Fracture of the tibia
- Similar to an Achilles tendon rupture over time.


- Effective treatment of athletes with tendinopathies must target the most common underlying histopathology, tendinosis, a non-inflammatory condition.


Research has told us...
Illiotibial Band Syndrome

What is ITB Syndrome?

Lateral Knee Pain!

Illiotibial Band Syndrome

something else

something else
Illiotibial Band Syndrome

Lateral Knee Pain!

SO????

WHY is it ITB Syndrome?
Illiotibial Band Syndrome

What it is NOT!

The ITB is prevented from rolling over the epicondyle by its femoral anchorage and because it is a part of the fascia lata. It suggests that it creates the illusion of movement, because of changing tension in its anterior and posterior fibers during knee flexion and extension. Thus, anatomical grounds, ITB overuse injuries may be more likely to be associated with fat compression beneath the tract, rather than with repetitive friction as the knee flexes and extends.


Research has told us...
Clinical Massage Techniques

- Strolling Under the Skin

Clinical Massage Techniques

- NMT or Trigger Point Therapy
- Myofascial Release Techniques
- Active Engagement Techniques
- Pin & Stretch Techniques
- Stretching Techniques

Clinical Massage Techniques

Common Trigger Points
**Clinical Massage Tip**

**DON'T SLOW DOWN!**

Most irritation occurs at approximately 30 degrees of knee flexion.

- Slowing down but not stopping may INCREASE the amount of irritation occurring at the point of pain.
- Toggle between walking and ONLY running at your normal pace.
- Increasing your stride rate may also REDUCE the amount of irritation.

**Clinical Massage Techniques**

- Myofascial Release
- Active Engagement
  - Pin & Stretch
  - Myofascial Release
  - Kinesiology Taping Application
Thank You

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