

Kingrey

Thecasesolutions.com

By: Timmy Kennedy
Bailey Kingrey



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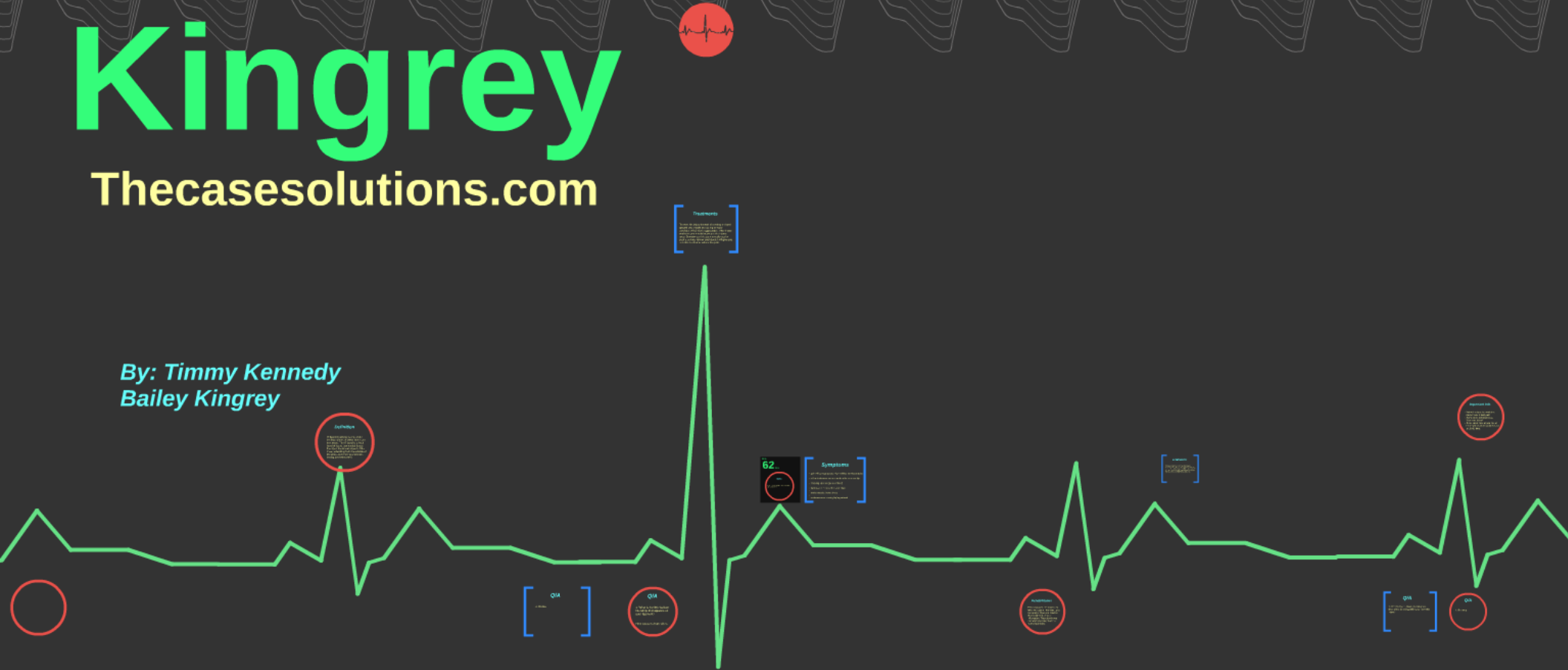


Thank You!

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Definition

IT Band Syndrome is one of the leading causes of lateral knee pain in runners. The IT Band is a thick band of fascia (connected tissue fibers) on the lateral aspect of the knee, extending from the outside of the pelvis over the hip and knee, inserting just below the K.

Symptoms

- pain will be most severe when walking, running or stairs
- will be tenderness on the outside of the knee and hip
- snapping hip pain (great trochater)
- tightness on the outside of your thigh
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- tender muscles in your booty
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- weakness when moving hip/leg outward