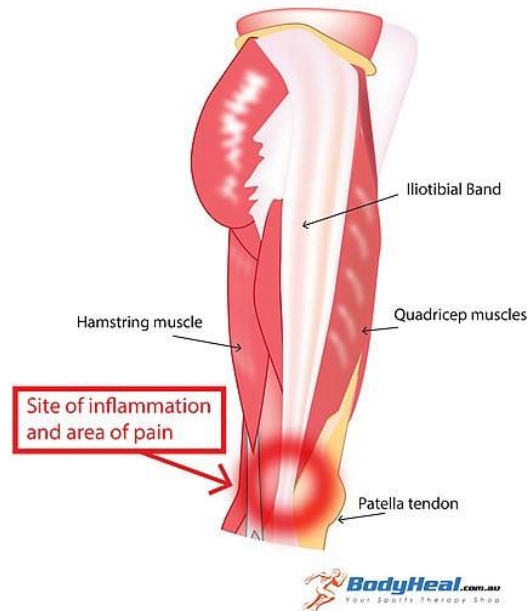


How & Why to Massage the I.T. Band (Iliotibial Band)

The Tensor Fascia Lata muscle attaches to the Iliotibial Band. Tightness in both structure on both legs can cause an anterior pelvic tilt and a person to be knock kneed. Tightness of these two structures can also lead to I.T. band syndrome. I.T. Band Syndrome can cause an aching burning pain on the outside of your knee. Pain can also refer up the hip. The pain is usually brought on by a repetitive sport injury such as running or biking. In addition to the pain, one may also experience clicking, popping, or snapping on the outside of your knee. One may also feel warmth or see redness on the outside of the knee.

Iliotibial Band Syndrome



Apply the massage.

1. One will first want to massage the Tensor Fascia Lata.
 - a. Note the location - attaches to the Anterior Superior Iliac Spine and into the I.T. (iliotibial band). You will not be able to stretch the I.T. Band per se. It is very thick and strong. Could lift a Volkswagen with it. However, it is possible the I.T. Band has gotten adhered down and need to be massaged to loosen up the adhesions. Again, note the location.

