

Sharing your information

Your information will only be disclosed to those who have a genuine need to know and who agree to keep your information confidential. For your direct care we often share information with:

- NHS hospitals and clinics
- GPs
- Social care

Following the principles within the General Data Protection Regulation (GDPR), MCH processes your data for purposes of:

- provision of health or social care or treatment
- medical diagnosis
- preventative or occupational medicine
- management of health or social care systems and services, carried out by, or under the supervision of health professional or another person, who in the circumstances owes a duty of confidentiality under an enactment or rule of law

Who to contact

Children's Therapy Team

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Our privacy notice is available at medwaycommunityhealthcare.nhs.uk/privacy/

If you would like to view or request a copy of your patient record, please email medch.dataprotection@nhs.net or call 01634 334640. In most instances this service is free and we aim to provide the requested information within 1 calendar month. More information can be found by visiting:

medwaycommunityhealthcare.nhs.uk/contact-us/information-about-me/

Medway Community Healthcare provides a wide range of high quality community health services for Medway residents; from community nurses and health visitors to speech and language therapists and out of hours urgent care.

Customer care

Please send any comments about Medway Community Healthcare services to: -

Customer care coordinator
Medway Community Healthcare
MCH House, Bailey Drive, Gillingham,
Kent, ME8 0PZ

t: 0300 123 3444

medch.customercare@nhs.net

All contact will be treated confidentially
This information can be made available in other formats and languages. Please email medch.communications@nhs.net

MCH reference: MCH 701



Patient information booklet Children's service

Iliotibial band syndrome
A common cause of lateral knee pain



What is ITBS?

Iliotibial band syndrome, or ITBS, is due to inflammation of the iliotibial band, a thick band of fibrous tissue that runs down the outside of the leg. The iliotibial band begins at the hip and extends to the outer side of the shin bone (tibia) just below the knee joint. The band functions in coordination with several of the thigh muscles to provide stability to the outside of the knee joint. The iliotibial band should facilitate a smooth gliding motion. However, when inflamed, the iliotibial band does not glide easily, and pain associated with movement is the result.

Symptoms of ITBS

The function of the iliotibial band is both to provide stability to the knee and to assist in flexion of the knee joint. When irritated, movement of the knee joint becomes painful. Usually the pain worsens with continued movement, and resolves with rest.

Common symptoms of ITBS include:

- Pain over the outside of the knee joint
- Swelling at the location of discomfort
- A snapping or popping sensation as the knee is bent.

Treatment of ITBS

Treatment of iliotibial band syndrome begins with efforts to control the inflammation. The initial phase is:

Rest

The first step to allowing inflammation to subside is to allow the joint to rest sufficiently.

Ice

Icing the area of discomfort can help to relieve the pain and settle the inflammation.

Anti-inflammatory Medications

Anti-inflammatory medications are frequently recommended to help relieve inflammation about the iliotibial band.

Once the acute symptoms are controlled, patients should work with their physiotherapist to [increase flexibility](#) and strength of the hip and knee. Most rehabilitation protocols focus on both hip and knee function, as the iliotibial band requires proper mechanics of both of these joints for normal function.