

Cyclist's Knee Elizabeth Keane, ATC

A common condition seen among cyclists is iliotibial (IT) band friction syndrome. IT band syndrome is commonly seen in cyclists who have what is called genu varum, or are bowlegged, and have pronated, or flat, feet. Irritation develops at the insertion point of the muscle, as well as where friction occurs, over the lateral femoral condyle on the outside of the knee. Think of your IT band as a guitar string. When a guitar string is tight and you strum your finger over the string repetitively, eventually your finger is going to get red and irritated and sore. In the same way, when your IT band continuously "plucks" over the lateral femoral condyle every time you bend and straighten your knee when cycling it will also begin to get irritated. Treatment for this type of injury includes IT band stretching, massage and taking an anti-inflammatory to reduce inflammation. Other management procedures may include getting a bike fit to make sure that the settings on your bike are correct for you and your level of experience.



* Pictures found on eorthopod.com.