6 Ways Runners Can Prevent IT Band Syndrome

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Do you know the feeling? You've just finished a long training session, or a final sprint in that 5K race that you're about to finish third in. You stretch and walk away thinking everything is fine. But the next day it feels like a knife has been stabbed into your hip, with every step sending shooting pains up your leg. A few days later, you identify that stabbing pain as Immediate Tibial Syndrome (IT band syndrome). IT band syndrome is an overuse injury caused by friction between the iliotibial band and its attachments on the lateral side of the knee joint. If you're a runner reading this, you're probably worrying right now. IT band syndrome is common among runners and almost always occurs on the same side as your

preferred running stride – in most cases, left side. Here are 6 ways to prevent IT Band Syndrome as a runner:

Change up your running routine

When you continue to do the same routine day in and day out, your body gets used to it. This is great for a few weeks of fitness training, but after that, your body will start to get used to the routine. It will not be challenged, and it will not improve. This is where you risk injury. If your IT band syndrome is being caused by overuse, then the only way to treat it is to change your routine. A good way to do this is to increase your rest time between training sessions. If your routine is 4 days on and 1 day off, then you could try switching it around to 2 days on, 2 days off. You can also change the intensity of your training sessions. Another way to change your routine is to switch your running surface. If you're used to running on a hard surface, such as asphalt or concrete, you could try switching to a softer surface, such as grass or sand. This will ease the pressure on your legs, which could prevent your IT band syndrome from occurring.

Try foam rolling and stretching

Foam rolling is a self-myofascial release technique featuring a cylindrical sponge-like rollers that help break down soft tissue adhesions in the muscles, tendons and ligaments. It has been proven to reduce pain and improve range of motion, which in turn can improve your running form. Foam rolling can also help prevent injury, including IT band syndrome, by increasing blood flow to the area, improving flexibility and decreasing muscle tension. Another great way to prevent your IT band syndrome from occurring is by stretching. Stretching has been proven to prevent injury and improve range of motion. When it comes to preventing running-related injuries, the best way to do this is to stretch before and after your run. Stretching before your run will help to prevent injury and improve your running form, while stretching after your run will help to prevent injury and improve your recovery time.

Switch to a crosstraining workout

Crosstraining is a great way to change up your routine, while keeping your fitness and form high. This means that you are still exercising, but not over-training your legs. When you over-train, you put more stress on your muscles, which can lead to injury. Following a crosstraining workout routine for a few weeks should allow your legs to rest and your muscles to repair, which may help prevent your IT band syndrome from occurring. Some crosstraining workout ideas are cycling, swimming, elliptical training, weight lifting, yoga, and Pilates. You could also try a strength training routine to strengthen your legs, which can also help prevent your IT band syndrome from occurring.

Don't forget to strength train!

As we have mentioned, strengthening your legs is an effective way to prevent your IT band syndrome from occurring. You can do this by following a leg-strengthening routine, such as lunges, squats, and leg press, or you can try a leg-strengthening exercise routine, such as a running-specific leg strength routine. A running-specific leg strength routine will help you to strengthen your legs without over-training, while also improving your running form and helping to prevent your IT band syndrome from occurring. Another great thing about following a leg strength routine is that it will not only strengthen your legs, but also your core. Your core is just as important as your legs and following a core routine will help to prevent your IT band syndrome from occurring.

Run on soft surfaces

If you are experiencing the pain and discomfort of IT band syndrome, you might want to consider switching from your regular running surface to a softer surface. Running on a harder surface like asphalt or concrete can increase the friction between your feet and the ground. This increased friction can put additional stress on your knee, which can lead to an IT band syndrome injury. If you are experiencing an IT band syndrome injury, changing to a softer running surface may help relieve your pain and discomfort. Running on a softer surface will decrease the amount of friction between your foot and the ground, which may help decrease the stress on your knee.

Try using a knee band or belt

These are some of the best ways to prevent your IT band syndrome from occurring. However, they also aim to treat the injury once it has occurred. Knee bands are simple, yet effective, tools to treat and prevent your IT band syndrome. They apply pressure to the affected area, which can help to reduce pain and discomfort. They also improve your running form, which will help you to avoid re-injuring your knee. Knee belts are almost the same as knee bands, but they apply pressure to a wider area. This is great if you are experiencing severe pain in your knee. Knee belts are not recommended for long-term use, so it may be best to use them following a period of intense or long-term training.

Bottom line

When it comes to preventing your IT band syndrome, there are many ways to do so. You can try switching up your routine, following a crosstraining workout, following a leg strengthening routine, and running on a softer surface. You can also try using a knee band or knee belt to treat and prevent your IT band syndrome from occurring.