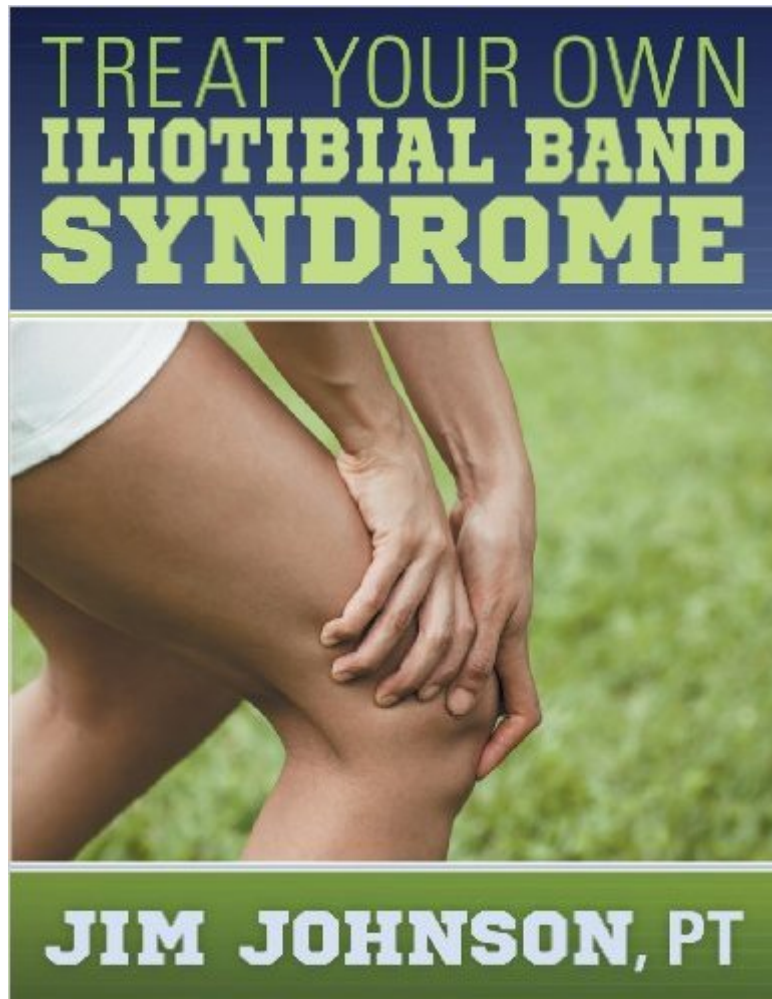


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# Treat Your Own Iliotibial Band Syndrome



## Synopsis

Drawing from the latest research, *Treat Your Own Iliotibial Band Syndrome* offers a simple and quick program that will help you recover from knee pain caused by the little understood iliotibial band. The book is illustrated with over 40 drawings and photographs, which enables the reader to easily learn what causes this syndrome, and how to get rid of the inflammation it creates in the knee. Readers are also guided step-by-step through a targeted exercise program, which is designed to eliminate the syndrome and keep it from ever coming back. Perhaps best of all, the exercises can be done in the privacy of one's home with little cost or equipment - and they take just a few minutes each day to do.

## Book Information

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (30 customer reviews)

Best Sellers Rank: #60,261 in Books (See Top 100 in Books) #44 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases](#)

## Customer Reviews

I have had problem with my liotibial band for years. After I followed the instructions for 6 weeks the pain in my knee has completely gone and I enjoy running so much more. This book does what it promises.

This is a wonderful resource if you have had or are having iliotibial band problems. This book provides the absolute best explanation of what it actually is. There are so many photos within the book, and being a visual person, I appreciated that so much. Aside from the great visuals, the author provides an excellent explanation of what exercises to do, and why. I even took this to my son's physical therapy appointment, and they were quite impressed with the book as well. I highly recommend!

Iliotibial Band Syndrome (IT Band Syndrome) is an injury that many experience and it is not always an easy one to spot. The pain can not be pinpointed and it takes some exploration. The swelling in the knee can be quite alarming. Personally, I believe in doing as much as you can on your own. In the case of this kind of injury I believe it should be diagnosed by a professional. Once that has happened this book is a wealth of useful information. It explains the problem in words that anyone understand. Since most people who suffer from this injury are very active they can be very frustrated with the pain and restriction of movement. The author gives clear and precise instructions (with diagrams and pictures) to the stretches and exercises that will help bring much needed relief. Some people may be lucky enough to have physical therapist that is available and affordable to walk them through the stages. Even if that happens this book is a great reminder and resource if an injury happens again. The program in the book is one that can really be done at home. For many that is important. Those living a rural area will find this most helpful. To know you probably have most of the equipment needed makes it even more appealing. So let's recap. The book contains accurate information, a regimen of targeted exercises and stretches that can be done safely in your home. It has pictures and diagrams if words are not enough. It is a book that any runner would be lucky to have in their library. If you are looking for a gift for the track coach, a friend who is a runner or a donation to a library this would be an excellent choice. I would highly recommend this book as an accurate and complete guide.

This is a great resource. It's short -- but I really didn't want something long. It's to-the-point and doesn't have tons of excess or technical information. I like the material and it's written very clearly. I would definitely recommend this.

IT band issues started while on my road bike at mile 62 while doing a century. I pushed through (finally finishing). After this day, every time I got on my bike (set up perfectly) it was crippling/painful. Biking 70-80 miles a week, this was not going to cut it. I bought this book, followed the exercises/stretching, then bought an ice massage device. After a month or so, it was pretty much fixed (keep in mind I went a little insane with regards to the exercises) after the book pointed me to what the cause really was. Once I knew the specific muscle group to strengthen, my IT band had no more overcompensation. Upping my cadence probably helped the situation too.

I really appreciate this book. I've had the IT Band Syndrome for a long time. I've looked on the Internet, and found exercises, etc., but never anything as straightforward and helpful as this. The

explanation was clear and well-illustrated. The documentation was also very good. I like that he gives you a full program that's easy to follow and not too time-consuming. I was never sure of how many exercises I needed to do, or how many reps or how many times a week, etc. The book really helps in that regard. I just started on the program. I'll have to update this after I see if it really works. Keep your fingers crossed.

Recently, I was forced to retire from playing recreational sports because of constant hip and knee pain. I thought it was just due to my age. A friend suggested that I research about the iliotibial band syndrome. Wow i am so glad i did. This book was perfect and explained ways to help me, in time, alleviate my discomfort. It also showed very helpful diagrams, for a better understanding. I am now following the recommended exercises and treatment plan. I am extremely hopeful that i will be coming out of retirement very soon.

Knee pain seems to be one of the most common muscle ailments in my family. After reading Treat Your Own Iliotibial Band Syndrome, I realized why my knee hurts all the time! This book is very concise and informative, and has many informative illustrations that help in understanding the cause of the injury. The book is thorough and clear and makes this seemingly complicated ailment very understandable. Excellent reference for anyone with knee pain!

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