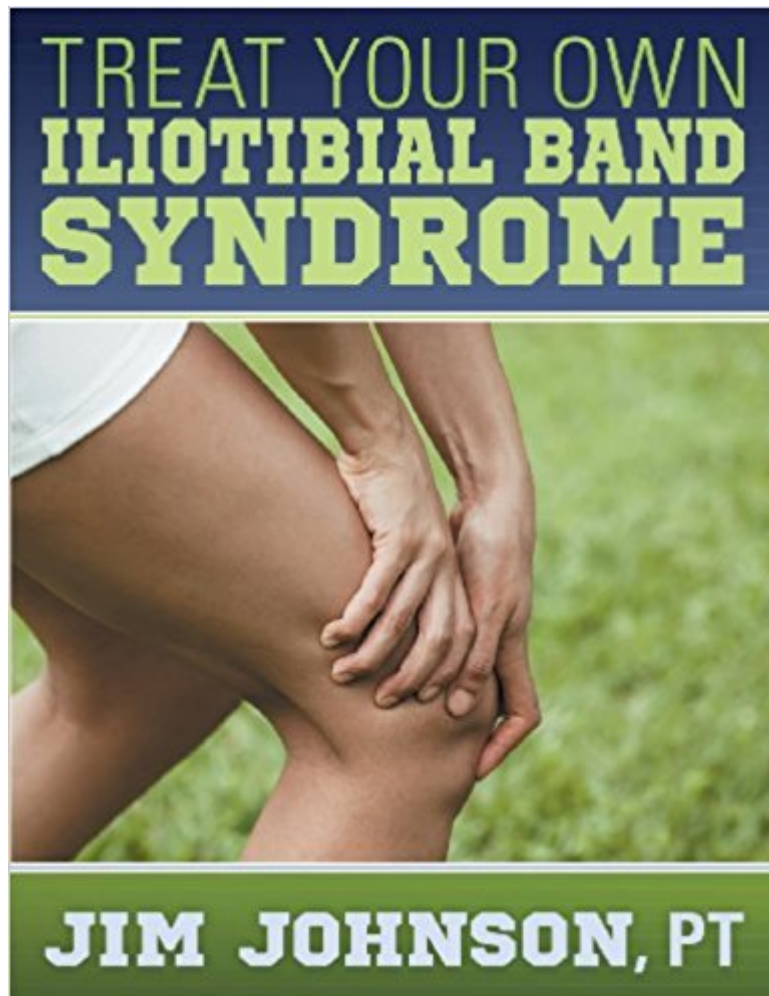




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# Treat Your Own Iliotibial Band Syndrome



## 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

Paperback: 86 pages

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Product Dimensions: 8.5 x 0.2 x 11 inches

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Average Customer Review: 4.3 out of 5 stars 42 customer reviews

Best Sellers Rank: #276,279 in Books (See Top 100 in Books) #111 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases](#)

## Customer Reviews

Also by this author - *Treat Your Own Achilles Tendinitis*, *The 5-Minute Plantar Fasciitis Solution*, and *Bulletproof Your Hamstrings*

Chapter 1 "Iliotibial Band Syndrome - So What Exactly Is That?" goes over the anatomy you need to know about in order to treat your own iliotibial band syndrome. In just a few introductory pages, you're going to know precisely what it is, what it's made of, what it does - and be able to put your finger right on it! Chapter 2 "How Did I Get Iliotibial Band Syndrome?" While you might already have known that it's an overuse injury, did you know that surgical biopsies and MRI studies done on people with iliotibial band syndrome have clearly shown that there is inflammation in your knee, but it's NOT in your iliotibial band! Additionally, this chapter will also show you how the inflammation got in that particular spot in

You can learn more about the author and his  
 books at [bodymending.com](http://bodymending.com)

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.

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 excercises/stretchers, 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.

well written book that is super easy to understand

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.

Worked well for my son. He had problems with his IT band 2 weeks before a marathon. He used this band and he was able to run the marathon.

The book was helpful in my recovery of it band issue. The stretching, and not overdoing things was the right thing to do.

An effective series of exercises that helped me resolve my IT band pain.

I liked the stretches this book had in it along with the exercises.

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