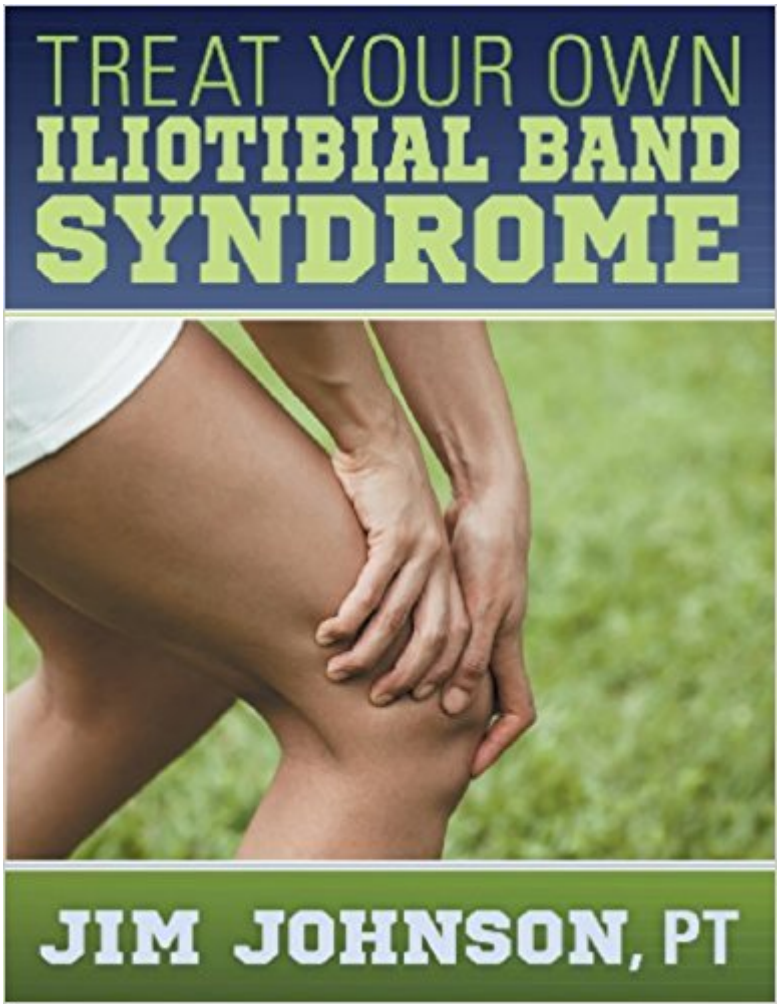
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Treat Your Own Iliotibial Band Syndrome



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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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Customer Reviews

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

Chapter 1Ã Â "Iliotibial Band Syndrome - So What Exactly Is That?" Ã Â 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 know precisely what is is, what it's made of, what it does - and be able to put your finger right on it!Ã Â Chapter 2Ã Â Ã Â isÃ Â "How Did I Get Iliotibial Band Syndrome?".Ã Â While you might already have known that it's an overuse injury, did you know thatÃ Â surgical biopsies and MRI studies done on people with iliotibial band syndrome have clearly shown that thereÃ Â is inflammation in your knee, but it's NOT in your iliotibial band!Ã Â Additionally, this chapter will also show youÃ Â how the inflammation got in that particular spot in

the first place. Ã Â Hint: it’s NOT due to excessive friction as once thought, but compression!Chapter 3Ã Â is "How To Get Rid of Inflammation". In the previous chapter you learned where the inflammation exactly is and how it got there. Ã Â This chapter, then, will teach you how to make it go away with one simple technique: ice massage. Ã Â Here you’ll learn the specific technique and the precise spot to apply it.Chapter 4Ã Â is titledÃ Â "Strengthen Your Hip Abductors". Ã Â The latest research is now telling us that people with iliotibial band syndrome have weakness in certain hip muscles. Ã Â By the end of this chapter, you’ll know which muscle and how to make it stronger in just a few minutes a day.Chapter 5Ã Â isÃ Â "Stretch Your Iliotibial Band". Ã Â More research done on people with iliotibial band syndrome has revealed that sufferers have limited motion in their hip. Ã Â To that end, this section contains a series of five progressively harder stretches designed to free up hip motion and completely stretch out your iliotibial band.Chapter 6Ã Â "Putting It All Together"Ã Â pulls together all the exercises in the book and puts them in one place so you’ll know how to get started. It’s here you are told exactly what to do each day, and how many times a day to do it. This chapter contains 6-weeks’ worth of exercise sheets so you can keep track of your exercise progress. While the exercises take less than 10 minutes a day to do, making progress with them is the key to getting better - and this chapter will help you do just that.Chapter 7Ã Â "Why Measuring Your Progress Is Very Important"Ã Â containsÃ Â a handy scale you use to track your progress as you are healing. After that, the book ends with a reference sectionÃ Â - know that this entire book is completely based on published research studies from peer-reviewed journals and randomized controlled trials that make up the book’s content.At 75 pages, this book can be read in several hours time and will leaves the reader with all the tools they need to get rid of their Iliotibial Band Syndrome - and keep it from ever coming back again. Ã ÂÃ Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â You can learn more about the author and his books at bodymending.comÃ Â Ã ÂÃ ÂÃ Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã ÂÃ Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â

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/stretches, 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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