

## Case Study

### Female runner - ITB pain London Marathon

#### Patient Medical History

In the ramp up to putting in the big miles for the London Marathon, Catherine had missed a weeks training, the following week she continued on her training programme for that specific week, making a large jump in her training mileage where she continued to build up to running 18 miles.

She suffered “runners knee” or ITBS (Iliotibial Band Friction Syndrome). Catherine’s training plan had quite a number of big mileage runs and during this period when the problem did not resolve, She sought physio treatment for the problem but had not been advised to stop running and continued trying to run through the pain.

After a month this had not resolved and was told 3 weeks before the marathon that she would not be able to run. A fellow marathon knee-suffering client referred Catherine to me.

#### Investigation

Observing the tissue around the lateral knee showed significant swelling with pain when bending and straightening the knee. The tissue appeared quite fibrous leading to reduced mobility.

#### Treatment plan

Fortunately for Catherine she had completed a few long runs, so I was able to stop her from running to allow the tissue to recover.

A simple biomechanical assessment highlighted a functional imbalance through her hip that was causing the additional load on her ITB resulting in the flare-up.

- Reduce pain, use ice and stopped exercises which caused pain
- Free up the adhesions, free up the knee capsule and reduce the fibrous tissue in the quads and ITB using myofascial techniques (there was significant build up for tissue, which required quiet intense work - which Catherine iced afterwards)
- Isolated muscle activation of the offending muscles of the hip
- Maintenance of cardiovascular fitness, using swimming and cycling through a pain free range
- Plenty of reassurance that she would be fine on the day

Catherine ran for an hour 2 days before the marathon just to make sure she could actually run.

## Results

- This was Catherine's first marathon and she finished in 4:29
- There was some marginal lateral knee discomfort but much less than I expected

## Treatment outcome

From being told she would not be able to run the marathon and having wasted a month on treatment which did not resolve the problem, it was encouraging to see Catherine complete it in the time she did. This bodes well for a sub-4 on the next attempt.