

Could ITBS Be Causing Your Hip Pain?



By Dr. Jon DeGorter, Cold Spring Chiropractic

Hip pain can be caused by many different conditions, but for runners it is often due to an iliotibial band injury. The iliotibial band is a thick band of connective tissue that runs along the outside of the thigh, from the hip to just below the knee. When this band becomes tight or inflamed, it can cause pain in the hip, knee, or both. IT band syndrome is an overuse injury, typically caused by the repetitive motion of running, poor biomechanics, muscle imbalances, or training errors.

Continuing to train with hip pain can have a negative affect on your running form and performance. Getting the proper diagnosis and targeted treatment can provide long-term relief. By conducting a thorough assessment, including analyzing your running gait, muscle imbalances, and range of motion, Cold Spring Chiropractic identifies the root cause of your hip pain and designs an individualized treatment plan. By employing therapies including Active Release Technique®, joint mobilization, and rehabilitation exercises, we help you recover faster and return to running stronger and more resilient than before.

Active Release Technique®

ART is a highly effective technique that involves manual manipulation of soft tissues to release tension, break down scar tissue, and restore proper function. For IT band syndrome the target muscles include the glutes, hips, and thighs, to alleviate tightness and reduce inflammation. By addressing the underlying muscle imbalances, ART promotes faster healing and prevents the recurrence of injury.

Joint Mobilization and Alignment

Misalignment or dysfunction of the hip joint can contribute to IT band syndrome. By employing techniques such as joint mobilization and manipulation to restore proper alignment and joint function can alleviate stress on the IT band, reducing pain and promoting optimal movement.

Rehabilitation and Strengthening

Incorporating exercises that target weak or imbalanced muscles will enhance muscle strength, flexibility, and endurance and help restore stability and improve overall biomechanics, minimizing the risk of reinjury.

How Chiropractic Sports Injury Care compares to PT

Cold Spring Chiropractic offers distinct advantages over traditional physical therapy:

Holistic Perspective: we consider the entire musculoskeletal system and kinetic chain, not just the site of pain. By addressing the underlying causes such as muscle imbalances or joint dysfunction, we provide comprehensive and long-lasting relief.

Manual Therapy Techniques: hands-on techniques including ART and joint manipulation are highly effective in releasing muscle tension, reducing inflammation, and restoring proper joint function, resulting in faster healing and pain relief.

Ongoing Support: we provide additional support throughout your recovery journey, including reviewing running techniques, stretching exercises, and lifestyle modifications to prevent future injuries.

Personalized Approach: we understand the unique demands and challenges of runners and devise a treatment plan geared to your personal training and recovery goals to provide the most effective care. Our multidisciplinary approach leaves no stone unturned. Our approach is as unique as you are.

Dr. Jon DeGorter specializes in treating runners and triathletes, and is well versed in injury prevention and rehabilitation — keeping athletes doing what they like to do!