



## FIND OUT MORE

Run3D is available through our certified clinical partners. For details on where to find us:

[run3d.co.uk](http://run3d.co.uk)

### What are people saying about us?

'Run3D identified the root-cause of my injury, now I'm armed with the tools to rectify it' - Jo Pavey, Team GB

'My Run3D assessment was one of the most valuable two hours of my career to date' - Luke McKenzie, 6 x Ironman Champion

'The Best Gait Analysis' - Runner's World Magazine

'After 30 mins, Run3D has identified the problem and told me what is causing it - that's the first step to putting it right.' - Triathlon 220

'For anyone serious staying injury free and enjoying running for life, I'd highly recommend a session with Run3D.' - Fiona Bugler, Journalist

### ABOUT RUN3D

We are an Oxford University company, dedicated to bringing gold-standard technology and the latest advances in musculoskeletal medicine to clinicians and their patients.

Proudly associated with/featured by:



DO YOU NEED HELP FOR

## Iliotibial Band Syndrome?

We can help! Run3D's gait and musculoskeletal assessment helps us understand the cause of your injury, which is the first step towards a successful treatment plan.

[www.run3d.co.uk](http://www.run3d.co.uk)



## HOW RUN3D CAN HELP TREAT YOUR

# Iliotibial Band Syndrome

Iliotibial band syndrome (ITBS) is the leading cause of lateral (outside) knee pain. Discover how Run3D's gait and musculoskeletal analysis can effectively assist in managing and treating this condition.

### What is Run3D gait analysis?

Run3D gait analysis is an advanced way of measuring how you walk and/or run.

We use special infrared cameras to precisely measure how your pelvis, hip, knee and ankle joints are moving. An objective musculoskeletal examination helps us further understand your biomechanical profile.

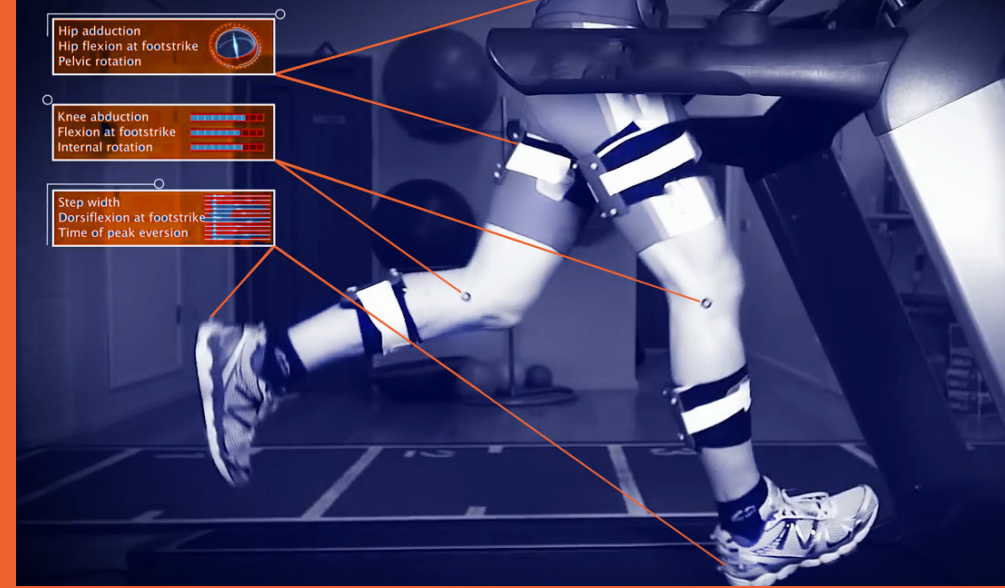
Using Run3D, we establish a clear picture of how you are moving and why you are moving in this way.

### How does this help?

ITBS is believed to arise from increased compression forces between the iliotibial band and the lateral femoral condyle, leading to tissue irritation and inflammation. A range of biomechanical parameters are associated with its development, so effective treatment hinges on precisely identifying the specific cause(s) in each individual case.

Run3D's systematic, quantitative assessment of the key biomechanical risk factors linked to ITBS enables us pinpoint the root-cause of your injury. The results help us to create a tailored, data-driven treatment plan, starting your recovery journey.

Run3D is the gold standard of gait and musculoskeletal analysis, providing all the information we need to identify the root-cause of your pain and recommend data-driven advice and treatment.



### Why Run3D for Iliotibial Band Syndrome?

Below are key biomechanical risk-factors associated with ITBS. At Run3D, we objectively assess these factors (and more!), to identify the issues specific to you. This allows us to develop a targeted treatment plan built on the basis of precise data.

#### Kinematic risk-factors

- ↑ Pelvic tilt
- ↑ Trunk flexion
- ↑ & ↓ Hip adduction
- ↑ Hip rotation
- ↓ Knee flexion at foot-strike
- ↑ & ↓ Knee rotation
- ↑ Dorsiflexion at FS
- ↑ Inversion at FS
- ↑ Foot progression
- ↑ Over-stride
- ↑ Vertical excursion
- ↓ Cadence
- ↓ Step-width

#### Musculoskeletal risk-factors

- ↓ Hip abductor strength
- ↓ Hip external rotator strength
- ↓ TFL range
- ↓ Hip internal & external rotator range
- ↓ Hip flexor range
- ↑ Femoral anteversion
- ↑ Knee valgus
- ↑ LLD
- ↑ Prominence of lateral epicondyles

### What happens next?

After your Run3D analysis, we create an individualised treatment plan, focusing directly on the problem areas that have been identified. This might include specific exercises, physiotherapy, gait re-education, and/or footwear advice.

Your journey to recovery starts with Run3D. Have confidence in our systematic, data-driven approach as we work together to treat your injury.