

Abstract

This bachelor's thesis deals with the problematics of the iliotibial band syndrome. The iliotibial band syndrome is one of the most common knee injuries in runners, but we can also come across cyclists or triathletes with this injury. The thesis divides into two parts. The existing data and information about the matter are presented in the theoretical part. Anatomy and function of the iliotibial band, aetiology of the syndrome and its development, the mechanism of the overuse and then final diagnostics and treatment are described. In the practical part is presented a case study of an amateur cyclist with the iliotibial band syndrome, which constitutes an initial examination, treatment and autotherapy plan and subsequent final examination. After 10 therapy sessions, the patient did not notice any changes in his condition, but he gave a lower pain rating than at the beginning and the range of active and passive movement on the affected leg was increased.