



UCD School of Physiotherapy and
Performance Science

Health Sciences Centre
University College Dublin
Belfield, Dublin 4, Ireland

T +353 1 716 6500

F +353 1 7166501

Scoil na Fisiteiripe agus na
Gníomheolaíochta UCD

Ionad Eolaíocht Sláinte
An Coláiste Ollscoile, Baile Átha Cliath
Belfield, Baile Átha Cliath 4, Eire

physio.therapy@ucd.ie

www.ucd.ie/physioperformsci/

Attention club athletes: Do you have Pain on the outside of your knee when running?

Have you been told you have Iliotibial Band Syndrome or “Runners knee”?



- Are you over eighteen and would you like to take part in a study to help develop a better understanding of Iliotibial Band syndrome?
- Are you interested in injury prevention? If so, I am looking for both injured and non-injured athletes to participate in a study examining the contributing factors in Iliotibial Band Syndrome.

Taking part in the study will take a maximum of thirty minutes and all information will be confidential.

For further information or to volunteer please contact me at ‘ja_healy02@yahoo.com’ or alternatively call/text 087 3143240.

Thank you,

Jane-Ann Healy/Meehan