

Abstract

Title: Efficacy of the unimodal physiotherapy intervention Running Gait Retraining in the treatment of runners' iliotibial band syndrome – a systematic review

Objectives: The aim of the thesis is to evaluate whether the unimodal physiotherapy intervention *running gait retraining* is an efficacious treatment of the iliotibial band syndrome in runners.

Methods: The thesis was carried out in the form of a systematic review. Eligible studies were searched for in the following electronic databases from December 2023 to January 2024: PubMed, SCOPUS, SPORTDiscus, Web of Science. Selected studies which met the specified inclusion criteria were then analysed to answer the research question, i.e. whether it is efficacious to use *running gait retraining* only to treat runners with iliotibial band syndrome.

Results: Only 1 study met the inclusion criteria (an experimental case study), the results of which suggest that *running gait retraining* used as a unimodal physiotherapy intervention in the treatment of the runners' iliotibial band syndrome might be an efficacious therapeutic approach. Considering the low-level evidence of the included study, however, the results cannot be generalized. In the future, the efficacy of this treatment approach needs to be evaluated on the basis of a larger scale research of a higher methodological quality. Until then, *running gait retraining* remains a modality to be used in conjunction with other therapeutic interventions to increase the efficacy of the rehabilitation of runners with iliotibial band syndrome.

Keywords: iliotibial band syndrome, running gait retraining, running related injury, physiotherapy, biomechanics