

Statement of Principles  
concerning

**ILIOTIBIAL BAND SYNDROME**

**No. 34 of 2010**

for the purposes of the

*Veterans' Entitlements Act 1986*

and

*Military Rehabilitation and Compensation Act 2004*

**Title**

1. This Instrument may be cited as Statement of Principles concerning iliotibial band syndrome No. 34 of 2010.

**Determination**

2. This Statement of Principles is determined by the Repatriation Medical Authority under subsection **196B(2)** of the *Veterans' Entitlements Act 1986* (the VEA).

**Kind of injury, disease or death**

3. (a) This Statement of Principles is about **iliotibial band syndrome** and **death from iliotibial band syndrome**.  
(b) For the purposes of this Statement of Principles, "**iliotibial band syndrome**" means a condition of the distal portion of the iliotibial tract, characterised by pain and tenderness over the lateral aspect of the knee which usually worsens with physical activity.  
(c) Iliotibial band syndrome attracts ICD-10-AM code M76.3.  
(d) In the application of this Statement of Principles, the definition of "**iliotibial band syndrome**" is that given at paragraph 3(b) above.

### **Basis for determining the factors**

4. The Repatriation Medical Authority is of the view that there is sound medical-scientific evidence that indicates that **iliotibial band syndrome** and **death from iliotibial band syndrome** can be related to relevant service rendered by veterans, members of Peacekeeping Forces, or members of the Forces under the VEA, or members under the *Military Rehabilitation and Compensation Act 2004* (the MRCA).

### **Factors that must be related to service**

5. Subject to clause 7, at least one of the factors set out in clause 6 must be related to the relevant service rendered by the person.

### **Factors**

6. The factor that must as a minimum exist before it can be said that a reasonable hypothesis has been raised connecting **iliotibial band syndrome** or **death from iliotibial band syndrome** with the circumstances of a person's relevant service is:
  - (a) running or jogging an average of at least 10 kilometres per week for the one month before the clinical onset of iliotibial band syndrome; or
  - (b) undertaking weight bearing exercise involving repeated flexion and extension of the affected knee, at a rate greater than six METs, for at least four hours per week for the one month before the clinical onset of iliotibial band syndrome; or
  - (c) increasing the frequency, duration, or intensity of weight bearing activity involving the affected knee by at least 100 percent, to a minimum intensity of five METs for at least two hours per day, within the seven days before the clinical onset of iliotibial band syndrome; or
  - (d) running or jogging an average of at least 10 kilometres per week for the one month before the clinical worsening of iliotibial band syndrome; or
  - (e) undertaking weight bearing exercise involving repeated flexion and extension of the affected knee, at a rate greater than six METs, for at least four hours per week for the one month before the clinical worsening of iliotibial band syndrome; or
  - (f) increasing the frequency, duration, or intensity of weight bearing activity involving the affected knee by at least 100 percent, to a

minimum intensity of five METs for at least two hours per day, within the seven days before the clinical worsening of iliotibial band syndrome; or

- (g) inability to obtain appropriate clinical management for iliotibial band syndrome.

### **Factors that apply only to material contribution or aggravation**

- 7. Paragraphs **6(d) to 6(g)** apply only to material contribution to, or aggravation of, iliotibial band syndrome where the person's iliotibial band syndrome was suffered or contracted before or during (but not arising out of) the person's relevant service.

### **Inclusion of Statements of Principles**

- 8. In this Statement of Principles if a relevant factor applies and that factor includes an injury or disease in respect of which there is a Statement of Principles then the factors in that last mentioned Statement of Principles apply in accordance with the terms of that Statement of Principles as in force from time to time.

### **Other definitions**

- 9. For the purposes of this Statement of Principles:

**"death from iliotibial band syndrome"** in relation to a person includes death from a terminal event or condition that was contributed to by the person's iliotibial band syndrome;

**"ICD-10-AM code"** means a number assigned to a particular kind of injury or disease in The International Statistical Classification of Diseases and Related Health Problems, 10th Revision, Australian Modification (ICD-10-AM), Sixth Edition, effective date of 1 July 2008, copyrighted by the National Centre for Classification in Health, Sydney, NSW, and having ISBN 978 1 74210 016 6;

**"MET"** means a unit of measurement of the level of physical exertion. 1 MET = 3.5 ml of oxygen/kg of body weight per minute or 1.0 kcal/kg of body weight per hour, or resting metabolic rate;

**"relevant service"** means:

- (a) operational service under the VEA;
- (b) peacekeeping service under the VEA;
- (c) hazardous service under the VEA;
- (d) warlike service under the MRCA; or
- (e) non-warlike service under the MRCA;

**"terminal event"** means the proximate or ultimate cause of death and includes:

- (a) pneumonia;
- (b) respiratory failure;
- (c) cardiac arrest;
- (d) circulatory failure; or
- (e) cessation of brain function.

**Date of effect**

**10.** This Instrument takes effect from 12 May 2010.

Dated this *twenty-second* day of *April* 2010.

The Common Seal of the )  
Repatriation Medical Authority )  
was affixed to this instrument )  
in the presence of: )

KEN DONALD  
CHAIRPERSON