

# SHIN SPLINTS

## (TIBIAL STRESS SYNDROME)

Shin splints are an overuse or repetitive-load injury of muscles in the shin area, caused by inflammation from friction between leg muscles or muscles pulling away from the bone. A common symptom is lower shin pain on the inside of the leg.

### GREATEST RISK FACTORS:

- Poor running form
- Weakness in stabilizing muscles of hip, core and feet
- Lack of flexibility in calf muscle
- Sudden increase in training intensity and duration
- Continuous track running in one direction
- High mileage running
- History of previous lower extremity injuries
- Biomechanical abnormalities



### CONSERVATIVE TREATMENTS & TIPS:

- R.I.C.E. (Rest, Ice, Compression, Elevation), especially rest and ice
- Strengthen foot, core and hip muscles
- Decrease running distance, frequency and intensity by 50%
- Use low-impact and cross-training exercises during rehab period
- Run on synthetic track, alternating directions as much as possible
- Avoid running on hills, uneven, or hard surfaces
- Shoe modifications (change running shoes every 250-500 miles to maintain shoe integrity)
- Orthotics for those with excessive pronation
- Regular stretching and strengthening
- Improve running form and cadence

**FOR SPECIFIC INSTRUCTIONS ON STRETCHING, STRENGTHENING AND RUNNING FORM, CONSULT YOUR ATHLETIC TRAINER OR PHYSICAL THERAPIST.**