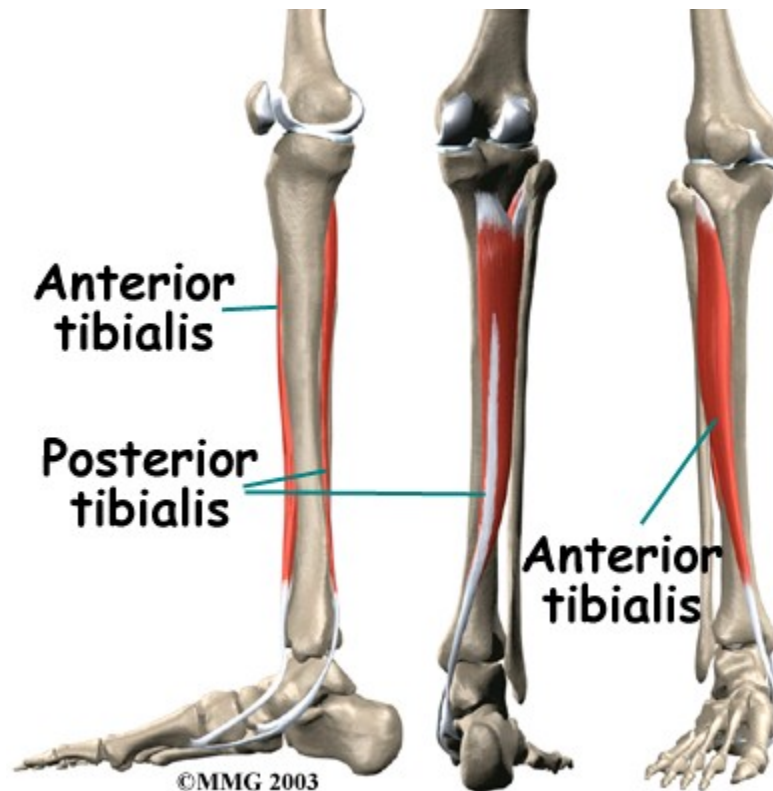


Shin Splints (Medial Tibial Stress Syndrome)

What is it?



Two lower leg bones: fibula and tibia. The tibia is the largest and located in the inside.
Two muscles can be involved: either the anterior tibialis or posterior tibialis which both attach onto the tibia

Shin splints is pain in the lower inside leg (along the tibia) caused by abnormal stress placed on the outside layer of the tibia bone (called periosteum) by overuse of one of these muscles, usually associated with a change in activity level.

Possible causes

- Muscle and flexibility imbalances in the lower body
- Improper Footwear
- Overpronation (flat arches with weightbearing)
- Tight calves
- Increased training too quickly

Symptoms (may have some or all)

- dull, aching pain along the 'shin'
- redness and swelling
- tenderness with possible bumps along front or inside of lower leg
- pain with activity that eases with rest
- pain first thing in the morning
- pain with specific muscle use
 - Anterior Tibialis: actively bend your foot toward your nose
 - Posterior Tibialis: actively point your foot down and in

What can I do?

- Rest (modify activity)
- Ice
- NSAIDS (ibuprofen, motrin, etc)
- Calf stretching
- Soft tissue massage/mobilization
- Compression (wrap or tight soccer socks)
- Taping
- Cross-train in less weightbearing activities (biking, swimming, water jogging)
- Lower leg strengthening (cannot be painful)
- Proper footwear
 - Shock absorbing insole
 - Orthotics or Stability shoes for pronation control

When to seek treatment from PT:

If symptoms are worsening instead of getting better
If symptoms are persistent during rest periods
Significant redness and swelling
Ankle feels weak with movement
Change in sensation in the ankle or foot (i.e. numbness, tingling)

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www.alpineptmissoula.com

www.healthandfitness101.com

Alpine Physical Therapy – 2 locations in Missoula

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