

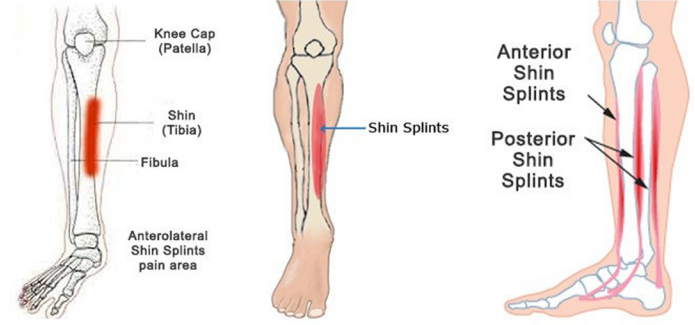


Beaver Sports Medicine

Servicing the Mid Valley's Orthopedic Sports Medicine Needs

SHIN SPLINTS

- WHAT THEY ARE
- TREATMENT AND PREVENTION
- CAUSES AND FIXES
- (RUNNING WITH SHIN SPLINTS)



SHIN SPLINTS-
(MEDIAL TIBIAL STRESS SYNDROME) IS AN INFLAMMATION OF THE MUSCLES, TENDONS, AND BONE TISSUE AROUND YOUR TIBIA. PAIN TYPICALLY OCCURS ALONG THE INNER BORDER OF THE TIBIA, WHERE MUSCLES ATTACH TO THE BONE.

TREATMENT AND PREVENTION-
SIMPLE MEASURES CAN USUALLY RELIEVE THE PAIN OF SHIN SPLINTS. REST, ICE, AND STRETCHING YOUR CALF MUSCLES AND YOUR SHINS CAN OFTEN HELP. TAKING CARE NOT TO OVERDO YOUR EXERCISE ROUTINE WILL HELP PREVENT SHIN SPLINTS FROM COMING BACK.

MORE TREATMENT AND PREVENTION-
BE SURE TO WARM UP AND STRETCH THOROUGHLY BEFORE YOU EXERCISE AND INCREASE YOUR TRAINING SLOWLY OR AT A LOWER INTENSITY THAN WHEN YOU BEGAN TO FEEL THE PAIN. SOMETIMES WEARING SUPPORTIVE SHOES WITH GOOD ARCH SUPPORT CAN HAVE A SIGNIFICANT DIFFERENCE IN SHIN PAIN.

CAUSES AND FIXES-
INCREASING YOUR RUNNING TIME AND DISTANCE TOO SOON/TOO FAST-NOT STRETCHING CALVES-RUNNING IN OLD AND WORN SHOES-RUNNING CONSTANTLY IN A SINGLE DIRECTION

TAKE A BREAK FROM RUNNING-TAKE YOUR PROGRESSION OF RUNNING SLOW-STRETCH-MIX UP WHERE YOU'RE RUNNING AND WHAT DIRECTION

