



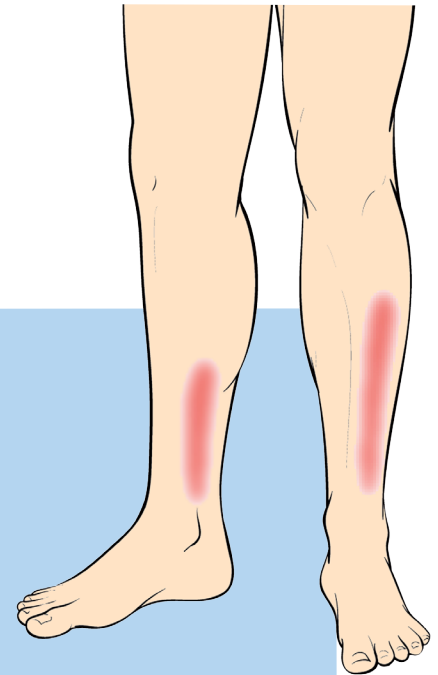
PLAYING MY BEST
SPORTS
DISCOVER YOUR ELITE ATHLETE

SHIN SPLINTS

Shin splints occur when small tears occur in the muscles that attach to the shin bone. This can be associated with aching pain in the lower leg.

Shin splints typically describes lower extremity overuse injuries related to jogging and any athletic activity that involves running. The lower leg pain is generally on the lower third of the inside portion of the shin.

Shin splints can have the same signs and symptoms as tibial stress fractures. X-rays can rule out this diagnosis.



FACTORS THAT CONTRIBUTE TO INJURY

- Excessive pronation (pressure on same side of foot as big toe while walking or running)
- Recent changes in the distance you are running (Increase in distance during pre-season)
- Running on terrain or surfaces that are not optimal (Hard roads, uneven surfaces)
- Lack of flexibility or stretching
- Wearing old running shoes/cleats or new footwear that is not suited to your biomechanics
- Muscle weakness and/or imbalance



Official Sports Medicine and Performance Enhancement Provider to Utah Youth Soccer and Rocky Mountain School of Baseball

FOR A FREE INJURY ASSESSMENT APPOINTMENT CALL 801-314-2300

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SIGNS AND SYMPTOMS

EARLY

- Pain that presents at the beginning of activity, but as activity progresses, pain diminishes; only to recur after activity has ceased.

LATE

- Pain is present before, during and after activity and may restrict or hinder performance.

TREATMENT

- RICE (Rest, Ice, Elevation, Compression) (for more information see ice massage)
- Decrease mileage/activity level
- Increase flexibility of achilles and tibialis posterior tendons
- Increase strength of deep posterior muscles
- Change to a softer running surface
- If your shoes/cleats are old buy some new shoes
- If your shoes are new have someone evaluate if they are the correct style for your individual biomechanics
- Stretch before and after activity especially gastroc and soleus muscles
- Orthotics

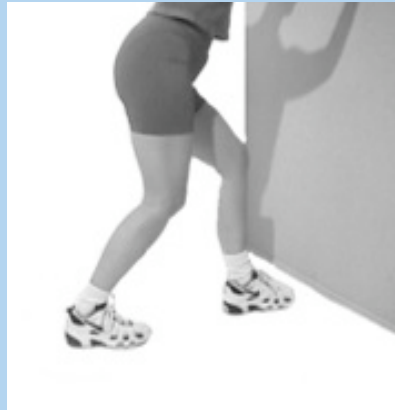
STRETCHING AND STRENGTHENING

Gastroc Stretching



Keeping back leg straight and heel on floor, lean forward until stretch is felt. Hold for 30 seconds. Repeat 5 times, twice a day.

Soleus Stretching



Standing with both knees bent and involved foot back, lean into wall until stretch is felt. Hold for 30 seconds. Repeat 5 times, twice a day.

Posterior Calf Muscle Strengthening



Starting with foot flat on ground, Rise on ball of foot. Begin with eyes open and then attempt with eyes closed. Do 3 sets of 15 reps, twice a day.