



## Shin splints

The term shin splints are a name often given to any pain at the front of the lower leg. However, true shin splints symptoms occur at the front inside of the shin bone and can arise from a number of causes.

The most common cause is inflammation of the sheath surrounding the tibia bone. Traction forces on the sheath from the muscles of the lower leg causes shin pain and inflammation.



### Causes of shin splints

- Abnormal foot function
- Inadequate footwear
- Running on hard surfaces
- Increasing training too quickly
- Sudden stops or starts such as basketball or soccer





# Coburg Physiotherapy Centre

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## Symptoms

People with Shin splints experience pain along the inside lower half of the shin. Pain usually is present at the start of an activity, which often eases as the session continues. However, returns after activity and may be at its worst the next morning.

## Treatment Regime

- 1. Rest**
  - decrease aggravating activity levels
- 2. Ice**
  - to reduce pain & inflammation
- 3. Anti-inflammatory medication**
  - such as, ibuprofen
- 4. Supportive Footwear**
  - Firm enclosed heel
  - Adjustable fastener
  - Good shock absorbing sole (only flexes across the ball)
- 5. Orthotic device**
  - to correct structural abnormality

