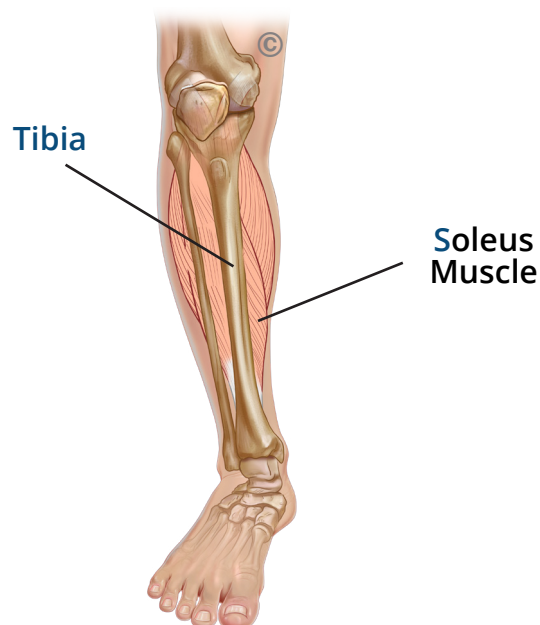


Medial Tibial Stress Syndrome (Shin Splints)

Pain Location



Anatomy



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What is Medial Tibial Stress Syndrome?

Medial Tibial Stress Syndrome (more commonly referred to as “Shin Splints”) is a common injury affecting athletes involved in running sports. This condition is thought to be caused by repeated contraction and overload of the soleus muscle, resulting in tearing of the fibres that attach the muscle to the back of the shin bone (tibia). Medial Tibial Stress Syndrome causes pain in the region of the inner lower two-thirds of the tibia. Some factors that increase the risk of developing this condition include running on hard or uneven surfaces, wearing incorrect footwear, or having flat feet.

What are the symptoms?

- Pain along the lower two-thirds of the inner region of the shin
- Pain that is brought on or made worse by physical activity that takes several hours to ease off
- When severe, pain may be persistent even without physical activity