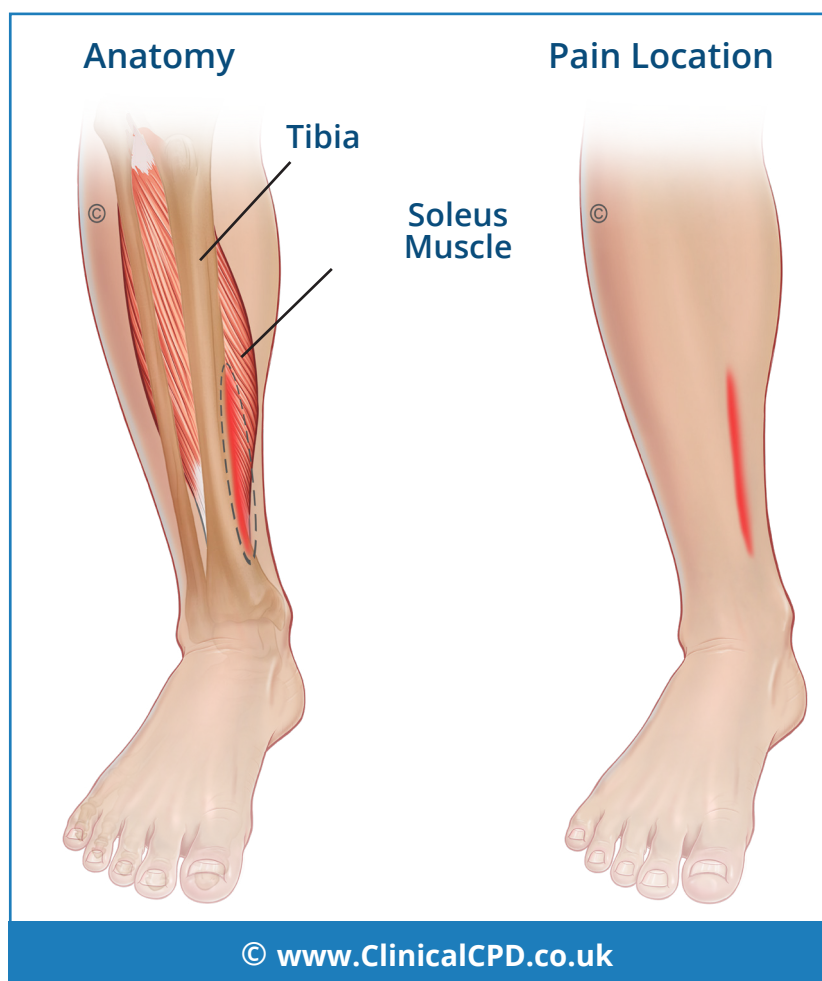


Medial Tibial Stress Syndrome (Shin Splints)



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How is it treated?

Conservative treatment may consist of a number of approaches including rest, joint manipulation and mobilisation, the application of ice, massage, rehabilitation exercises and stretches, and the use of therapeutic modalities. In some patients, medication may be required to help with pain and inflammation control.

What can I do?

- Follow the advice given to you by your practitioner.
- Apply ice over the affected region for about 10 minutes several times a day. Ice can be applied as often as every hour.
- Avoid aggravating activities.
- If any exercises are prescribed, perform them daily within your pain tolerance. Stop the exercises if they worsen your symptoms and inform your practitioner so that your exercise plan can be modified.
- Avoid hard and/or uneven surfaces when walking or running.
- Wear good quality supportive footwear.

What is Medial Tibial Stress Syndrome?

Medial Tibial Stress Syndrome, often 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 tibia (shin bone). 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 shin that is brought on or made worse by physical activity and pain that takes several hours to ease off with rest.
- When severe, pain may be persistent even without physical activity.

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