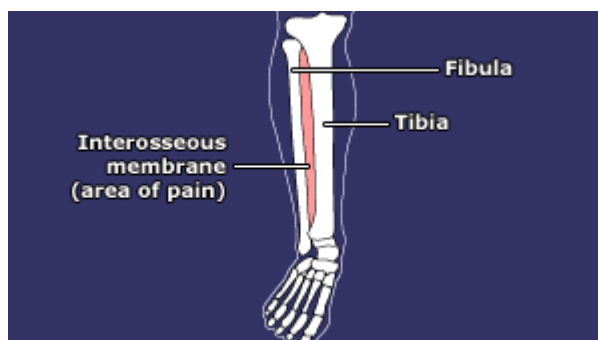


## What Are Shin Splints?



**Shin splints are a common problem in the lower leg for athletes who change from one playing surface to another between seasons.**

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### **Who?**

It is common in young sport stars who play too much sport.

### **How?**

It is an injury that can be caused in several ways:

- ? The muscles at the front of the leg get injured or inflamed. This can stem from playing too much sport on hard surfaces.
- ? Or because of a weakness in the leg muscles caused by your running technique or even whether you have flat feet or high arches.

### **What?**

There is tenderness in tibia (shin) area.

The affected muscles in the tibia also help maintain the arch of the foot which means there may also be pain when the toes or ankle is bent.

The pain stops when resting, but the injury will often remain unless the above causes are treated.

### **Treatment?**

Rest will help to relieve the injury, but does not necessarily cure it.

Physiotherapists may ensure you are wearing proper footwear, tape your shins or even recommend a leg brace.

Cooling the injury in acute stages and then applying heat may also help, but building up your muscles around your ankles will help to support those leg muscles causing the pain.

Getting some proper cushioned footwear; this will help to soften the impact when your feet hit the ground when running. Often it is worth considering changing the way you run. Having a smoother stride will again mean that the impact is spread more evenly throughout your feet and legs.

### **Return?**

Can vary hugely, but is usually between two to four months. Do not start training until pain and tenderness in tibia has completely gone.