

“

**“SHIN SPLINTS OFTEN
OCCUR FROM
OVERUSE, SO
GRADUAL GRADED
RETURN TO ACTIVITY
IS KEY”**

”



Contact us

**Physiotherapy can help you
manage your shin splints**

Pursuit of Motion Physiotherapy
#202, 13613 163 St. NW
Edmonton, AB T5V 0B5

Phone: 780-448-4991

Fax: 780-448-4985

info@pursuitofmotion.com

www.pursuitofmotion.com



Shin Splints (Medial Tibial Stress Syndrome)

MTSS is commonly referred to as shin splints, which is characterized by pain along the front of the lower leg. Healing time will vary from person to person, but a comprehensive rehab program can help you get back to your normal activities.

ABOUT SHIN SPLINTS

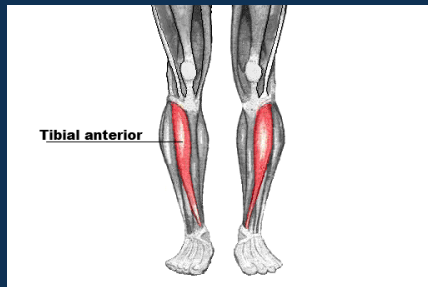
HISTORY

Medial tibial stress syndrome (MTSS) is generally an overuse injury, occurring from repetitive impact to the lower leg. This can be caused from:

- Sudden change in activity level
- Increase in training intensity
- Change in footwear
- Worn out shoes
- Training on new surface

SIGNS & SYMPTOMS

- Diffuse pain and tenderness along the shinbone, particularly after intense activity
- Morning pain and stiffness
- Pain walking
- Mild swelling



ANATOMY

MTSS involves pain along the middle aspect of the tibia (shin bone). The tibialis posterior and tibialis anterior muscles are most commonly affected, which are found in your lower leg.



1) Pain Management

A great exercise for pain relief is **self-release**. This can be done with a massage ball, golf ball, tennis ball, etc. Roll the ball down the front of the lower leg with gentle pressure. Hold stationary in areas of pain, wait for release (decrease in pain), and then move to the next spot. Increase pressure as needed. Perform for 1-2 minutes on both legs 3x per day.



3) Strength

Once pain has decreased and mobility has improved, you can progress to strengthening exercises. **Heel/calf raises** help strengthen some of the key muscles in the lower leg, which can help to prevent future episodes of shin splints. Stand with your feet about shoulder width apart, lift the heels up off the ground, and lower back down with control. Perform 3 sets of 8-10 repetitions on each leg.



2) Mobility

A great place to start with mobility is an exercise called the **tibialis posterior stretch**. Wrap a belt, towel, or band around the upper sole of your foot and gently pull upwards and outwards until you feel a nice stretch along the inner part of the lower leg. Hold this stretch for 30 seconds and repeat 3x on each leg.



4) Functional/Sport

At this point, you should have minimal to no pain, full range of motion, and full strength. This is where you can return back to higher impact activities, such as drop jumps. Begin at a low height and slowly work your way up. Focus on landing softly with both feet on the ground and your knees and hips bent. Perform 3 sets of 5 repetitions.

