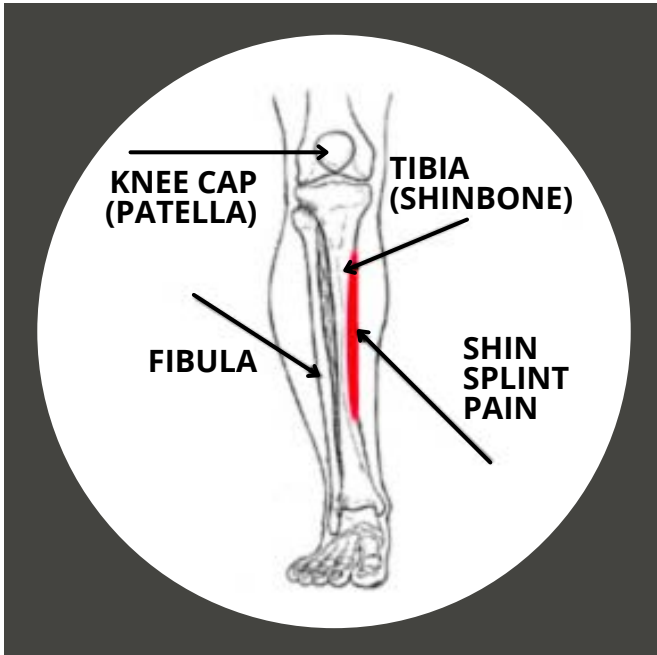


SHIN SPLINTS



Shin splints are an inflammation of the tibia (shin bone) due to a constant pull from a certain muscle (often the tibialis posterior), that is attached all along the tibia.

Shin splints commonly affect runners, but can also show up in anyone who is increasing their activity levels, returning to an activity after a break, or increasing training intensity in a short period of time.

Shin splints present as a dull achy pain along the shin that usually comes on after running for a while (anywhere from 10-15 minutes, sometimes up to 45 minutes). The pain typically goes away when you stop the activity, but when really inflamed it can even hurt when walking!



There are many different things that can contribute to developing shin splints, including fallen/flat arches, muscle imbalances, improper footwear, and running on a slight slope. Treatment first and foremost involves identifying and correcting the cause.

If your shin splints are mild, rest, ice and easing back into activity may be enough to curb your pain. For more stubborn cases, you will likely need to consult your physiotherapist for a more personalized recovery plan!

