

Shin Splints

What is it?

A well-known common term for shin pain also known as medial tibial stress syndrome. The pain is usually from the muscles of the front of the lower leg being overworked.

Signs and Symptoms

Pain in lower front leg and worsens when active, tenderness over shin, swelling

How should it be treated?

Rest, ice, anti-inflammatory medicine (ibuprofen = best example) and stretching.

**If pain continues to get worse athlete needs to let the Athletic Trainer know!

Stretch 1



Stretch 2



Stretch 1: While seated pull on the top of your foot to lower your foot until you feel a stretch in your shin

Stretch 2: With the same position and initial pulling as in stretch one you can then pull your foot up towards the ceiling or down towards the floor to stretch either side of your shin. All stretches should be held for at least 45 seconds to get the most benefit.

References:

Bernier, Julie N., EdD, ATC (2005). *Quick Reference Dictionary for Athletic Training*. Second Edition. Thorofare, NJ: SLACK Incorporated.

Clayman, Charles B., MD (1989). *The American Medical Association Encyclopedia of Medicine*. New York: Random House, Inc.