

Shin Splints

MEDIAL TIBIAL STRESS SYNDROME

Signs and Symptoms

- Pain along the anterior/medial shin
- Pain with first steps in the morning
- Pain with activity
- Pain that begins after starting a new activity or increasing intensity of an activity

Potential Causes

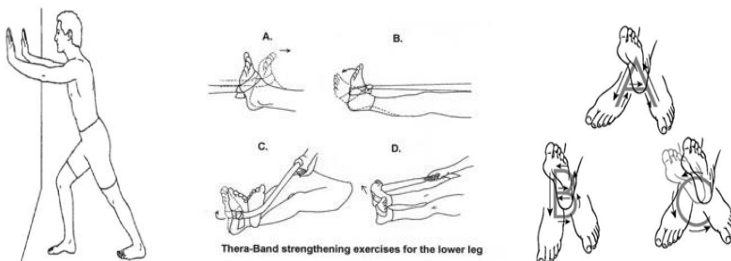
- Tightness of the calves
- Overpronation or underpronation
- Flat feet or high arches
- Incorrect or worn out shoes
- Sudden change in training surface
- Training errors (increasing volume or intensity too fast)

Treatment

- Decrease/stopping painful activity, cross-train (bike, swim, pool running)
- Stretching and strengthening exercises
- Visit www.ohiohealth.com/sportsmed-runnerstretches/ for exercises
- Ice after activity
- Compression socks or sleeves

Prevention

- Maintain healthy body weight
- Gradual increases in training (*no more than 10% per week*)
- Proper shoe fit/orthotics
- Replace shoes frequently (every 350-400 miles)
- Avoid concrete surfaces/sidewalks



What are Shin Splints?

Shin splints or medial tibial stress syndrome (MTSS), is the term used to describe pain along the front (anterior) and inside (medial) aspect of the shin. Shin splints affect beginner runners and seasoned runners alike. The condition results from irritation of the leg muscles where they attach to the shin bone.



NEED MORE
INFO?

Call (614) 566.GAME (4263)
OhioHealth.com/SportsMedicine