



Prevention and Treatment of Shin Splints

Common Causes

1. Placing too much demand on the shin muscles from an unfamiliar type or volume of activity
2. Old or improper shoes
3. Poor body movement patterns that cause the shins to be overworked

Prevention Strategies

1. Increase your workout volume slowly, especially when running. Never increase your weekly workout volume by more than 10% over the previous week.
2. Perform an adequate warm-up before every workout.
3. Stretch the calf muscles and hips for five to 10 minutes at least three times each week.
4. Massage the calves and hips with a foam roller or lacrosse ball at least twice a week.

Treatment Strategies

1. Strengthen the muscles of the ankles and shins
 - a. Point and flex the toes (three sets of 10 reps) – point the toes towards the ground and hold for two seconds → flex the ankle bringing the toes toward the shin and hold for two seconds
 - b. Alphabet – lift the leg off the floor and spell the alphabet with each foot by moving them at the ankle joint
 - c. Heel and toe walks (three sets) – walk across a room on your heels then walk back on your toes.
2. Get a proper running form analysis
3. Follow the RICE principle – Rest/Ice/Compression/Elevation
4. Run on soft surfaces (grass, trails, gravel, dirt) instead of asphalt or concrete while you are healing