

# Shin splints

## Jumping, kicking and running into shin splints

Shin splints are a pain response between the knee and ankle on the inside of the tibia (shinbone). The pain is a result of a stress overload on the tibia and connective tissue that attach your muscles to the bone during repetitive activities.

### Who is at risk?

- Shin splints occur in children/adolescents who participate in:
  - Running sports (especially downhill or slanted surfaces)
  - Start/stop sports
  - Jumping activities (like basketball, volleyball, football, soccer, track, gymnastics, dance, etc.)
- Individuals with flat feet are more likely to experience shin splints
- Children/adolescents who use improper training techniques, footwear and/or equipment may develop shin splints

### What are the symptoms?

- Tenderness, soreness or pain along the inner, front part of the lower leg/shin
- Mild swelling in the front of the lower leg
- Limited knee range of motion due to pain
- Increased pain with aggravating activities

### What are the treatment options?

- Rest from aggravating activities
- Stretching before and after activity to improve flexibility
  - Focus on gastrocnemius/soleus (calf) stretching, anterior tibialis (front of shin) stretching and active movement of the ankle in all directions
- Ice cup massage
- Proper foot wear/arch supports

### When can athletes return to activity?

- Some athletes may need to rest longer if their symptoms persist
- Other athletes may be able to increase stretching and use treatments to manage pain while remaining in activities



# We can help!

Schedule an appointment with our sports medicine doctors to get back in the game. We'll help with treatment and rehabilitation of shin splints and create an at-home strengthening and stretching program to give young athletes more relief.

## Our Orthopedics and Sports Medicine locations:

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To schedule an appointment or learn more, call 682-885-4405.



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