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Shin Pain – Shin Splints

Description

“Shin Splints” is a term to describe shin pain along the front and or inner aspect of the shin associated with overuse or overload of the shin bone and or the adjacent muscles. The shin pain may be due to an increase in pressure within the muscle of the calf (compartment syndrome) or in some instances a result of inflammation of the lining of the shin bone (periostitis) and in extreme cases stress fracture of the shin bone.

Incidence

Shin pain can occur at any age and is most commonly seen in athletes or higher activity individuals, particularly in those involved in jumping or running activities.



Symptoms

- Pain along the inner and or outer borders of the shin
- Pain may worsen with activity and ease with rest.
- Feeling of deep shin pain and or persistently tight musculature
- Pain may be elicited by pressing along the shin bone or its adjacent muscles
- The shin border may have a localised region of greater pain
- The shin border may have small areas of prominence associated with pain.

Causes

- Repetitive loading or overuse
- Abnormal biomechanics of the foot and/or leg
- Tight musculature
- Training regime
- Training surfaces
- Footwear
- Trauma



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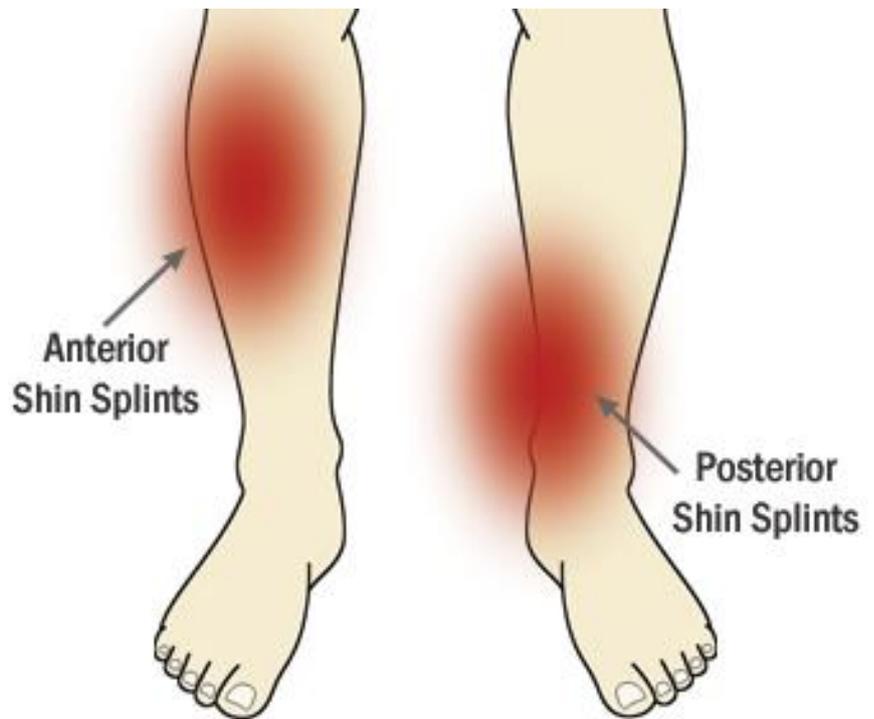
Foot Surgery Centre

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Treatment

Treatment may vary according to the causative factors of the individuals shin pain. Some treatments commonly utilised are:

- Rest and adjustment of training regime to reduce the impact on the shins and to prevent further damage
- Anti-inflammatory medications
- Assessment of foot and lower limb biomechanics
- Foot strapping
- Orthoses
- Myofascial therapy
- Acupuncture or Dry Needling
- Footwear advice
- Physiotherapy
- Surgical intervention may be required in some instances
- Prevention:
 - Warm up before and after exercise
 - Improve muscle strength and flexibility
 - Avoid sloping and uneven surfaces
 - Gradual build up of training load, incorporate rest days
 - Address any abnormal biomechanical factors