

## Why do my shins hurt when I run?

You have probably heard of shin splints then!

### What are shin splints?

- More commonly known as medial tibial periostitis or medial tibial stress syndrome in the 'world of physio'
- Overuse and inflammation of the muscles on the inside of the tibia (shin)
- Very common in long distance runners
- Characterized by pain and swelling on the inside of the tibia



### What causes shin splints?

- Rapid increase in intensity, speed and volume of running
- Poor running footwear
- Excessive mid-foot pronation
- Poor hip and knee biomechanics and muscle function

Unsure of what's causing your shin splints? Contact us on **4749 4719** to book an appointment with one of our physiotherapists for a comprehensive assessment

### Physiotherapy management of shin splints

- Modify exercise regime to allow healing of the inflamed tissues (i.e. reduce intensity, speed and volume of training)
- Purchase more supportive footwear or modify your existing ones (i.e. orthotics) to reduce excessive foot pronation
- Correct your hip and knee biomechanics by modifying the way you run and improving the muscle strength in these regions
- Dry needling and massage
- Kinesio-taping
- Stretching your calves

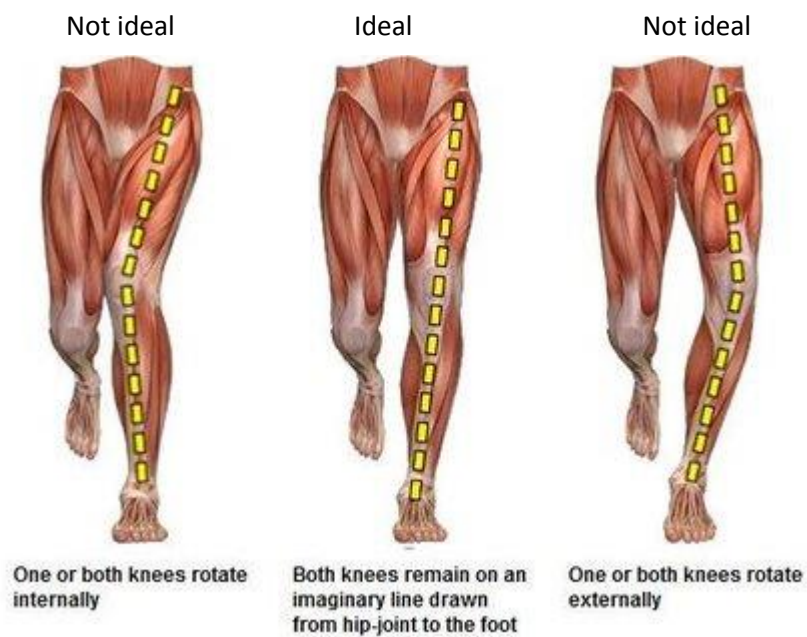
1. Orthotics for your shoes



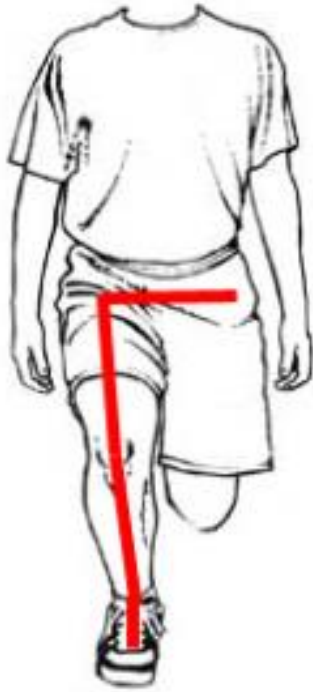
2. Purchase better footwear



3. Improve your hip and knee running biomechanics



4. Improve hip and knee strength:
  - a. Single leg squat
  - b. Lunges



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5. Massage and dry needling



Fig. 12

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