

## **SHIN PAIN**

*Shin Splint* is a generalised term which has been used to describe pain in the shins from tibial stress fractures to muscle overuse. The term is generally used to describe pain localised in the front of the lower leg, particularly when exercising. It is important to remember that the major movements of the foot occur because of the activities of the muscles in the lower leg. If these muscles are over straining, pain can result on the front and sides of your shins. Most people can recall a recent increase in their physical activity which preceded their shin pain.

**Symptoms:** The main symptoms of shin pain are usually an ache in the muscles on either side of the shin bone. This ache can increase as your physical activity increases and is usually only relieved with rest. If you are unwilling/unable to rest and you wish to continue your sport, you will need to reduce the strain on the leg muscles.



*Site of Medial Shin Pain*

**Treatment:** Due to the wide variety of conditions that have shin pain as the primary complaint, a number of effective treatment regimes exist. Our experienced podiatrists may recommend a regime of care that includes muscular stretching / strengthening, changes to your activity and footwear, orthoses, and physical therapy such as deep tissue massage. After a detailed assessment your podiatrist will be able to provide you with a specific treatment plan that's right for you.