

Shin Splints

Body Part

Anterior and/or Posterior Shin (Tibia)

Condition:

Shin splints or Medial Tibial Stress syndrome (MTSS) is when a change in the amount and/or type of activity may lead to the muscles of the lower leg pulling on the lining of the tibia causing inflammation and pain.

Summary

Shin pain is a frequent injury of the lower extremity and one of the most common causes of exertional leg pain in athletes, with 50% of all lower leg injuries being attributed to it. It is generally characterised by pain in and around the shin bone or Tibia. Although often not serious, it can be quite disabling and progress to more serious complications such as stress fractures if not treated properly.

Symptoms:

- a dull ache in the front part of the lower leg
- pain that develops during exercise
- pain on either side of the shin bone muscle pain
- pain along the inner part of the lower leg
- tenderness or soreness along the inner or outer part of the lower leg
- swelling in the lower leg (usually mild, if present)
- numbness and weakness in the feet

There are 3 types of Shin Pain

Medial Tibial Stress Syndrome

Cause: Area of pain: Pain along the front and/or inside of the tibia. It may be painful to touch and vary in intensity. Pain will be present as activity begins but is likely to decrease as you warm up. Pain is generally worse in the morning and after exercise.

Stress Fracture

This fracture is an overuse injury that occurs as a result of repeated stress to the bone causing it. Localised to an area along the front of the tibia, but usually near the middle. It is normally constant pain that increases with exercise. The pain develops suddenly and is sharp in nature. May be too painful to exercise.

Compartment Syndrome

Muscles are contained in certain compartments and as a result of overuse/inflammation or a direct impact injury, these muscle compartments may become swollen and painful. The pain is usually in the central muscle belly (Tibialis Anterior). Pain usually increases as activity begins and decreases when it stops. The muscles affected may feel weak or numb. The sensation of pins and needles may also be a feature, and this requires urgent medical attention

[Type here]: Common complaints associated with these conditions.

Treatment:

- Immediate home treatment:
 - Rest. Ice. Compression. Elevation. Referral. (RICER)
 - No Heat. No alcohol. No Running. No Massage (No HARM)
- Once assessed by our physiotherapists, Exercise Physiologists or Podiatrists treatment may include
 - Dry Needling
 - Deep tissue massage
 - Orthotics
 - Footwear update/modification
 - Taping
 - Specific stretches or roller foam for flexibility.
 - A specific strength and muscle conditioning program.

Prognosis:

Depending on the severity of the shin splints, with the correct guidance and treatment of our clinicians a patient could expect to be pain free within 2-6 weeks of initial treatment.



Further information:

For further information, please contact our friendly team at Gen Health.

Picture Link

<http://www.podiatrycare.com.au/news/2017/06/1716/>