

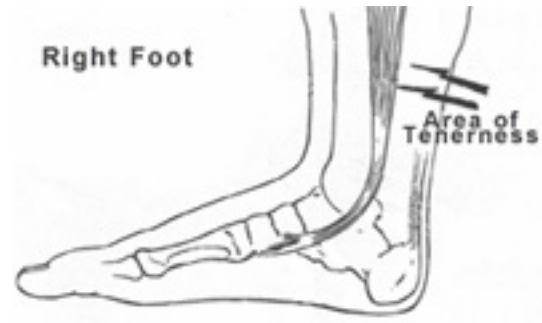
Medial Shin Splints

Complaints

- Pain and tenderness along lower, medial shin above the ankle
- Pain may increase with running and walking activities

Possible Causes

- Tight calf muscles
- Excessive pronation
- Soft, unstable shoes
- Weakness in medial shin musculature



Shoe Profile

The long axis of the shoe should provide maximum torsional control of medial foot rotation (pronation) and the midsole should provide proper vertical support. Proper support reduces undesirable forces on the lower leg that can contribute to shin splints.

Orthotics

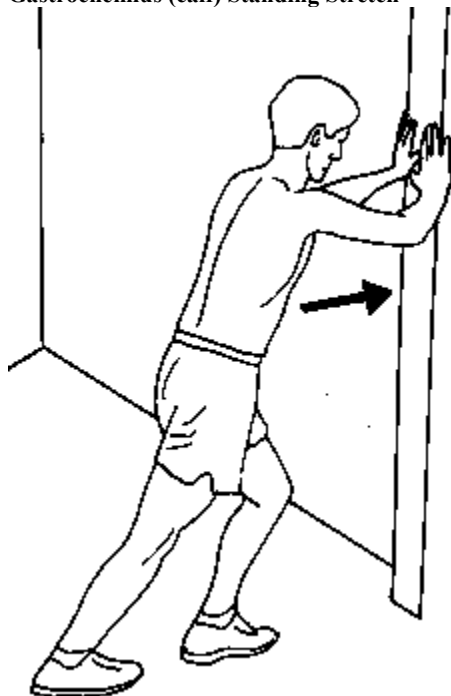
Neutral (mild pronators) – 3 mm heel lift with or without over-the-counter arch supports
Moderate to excessive pronators – Custom orthotics may be beneficial

Exercises

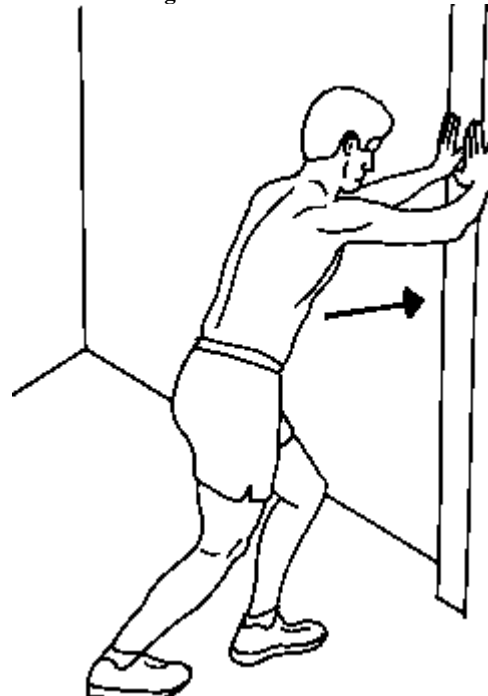
Please consult your physician before engaging in an exercise program.

With all strengthening exercises, start with 3 sets of 10 repetitions. If you experience any sort of pain reduce your reps to 3 sets of 5. For all stretches, repeat 3 times holding each stretch for 30 seconds to 1 minute. Using RICE (Rest, Ice, Compression, Elevation) can be beneficial in the treatment of injuries as well.

Gastrocnemius (calf) Standing Stretch

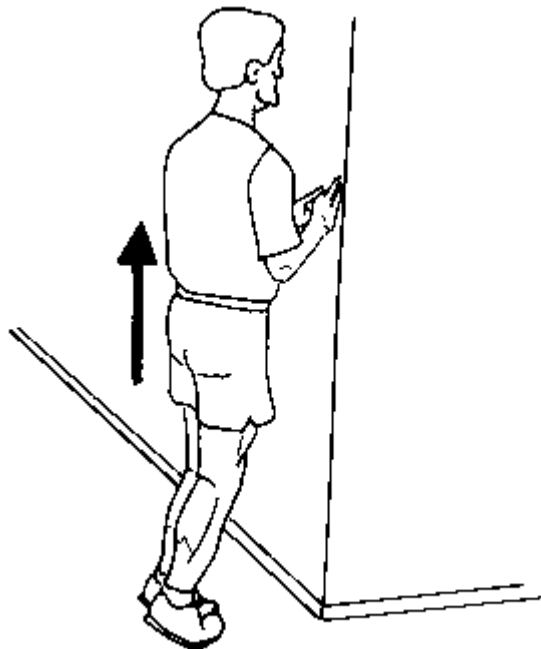


Soleus Standing Stretch



1. Stand with hands resting on wall or on stable object.
2. Place the UNINVOLVED leg forward of involved leg.
3. Keep the back leg (involved leg) straight and heel on the ground throughout the exercise.
4. Lean body forward bending at ankles and hold.
5. Return to starting position, relax, and repeat

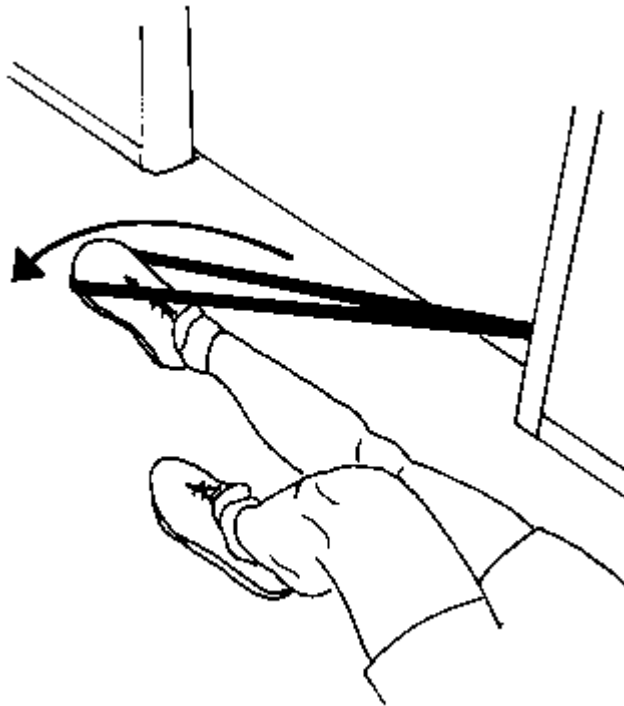
Heel Raises Exercise



1. Stand next to a wall or a chair with both feet on the ground pointing straight ahead.
2. Push front of foot down lifting heels and body weight onto balls of feet
3. Slowly return to starting position and repeat.

1. Stand with hands resting on wall or on stable object.
2. Place the UNINVOLVED leg forward of involved leg.
3. Keep heel on the ground throughout the exercise.
4. Bend knees, squat down, and hold.
5. Return to starting position, relax and repeat.

Foot Down and In Elastic Exercise



1. Place knot of elastic (Theraband) in door jamb about one foot up from the floor.
2. Sit on floor with leg out straight and attachment of elastic outside and above the foot.
3. Place elastic around inside of foot just below the toes.
4. Move down and away and out away from attachment of the elastic to pick up slack.
5. Push the foot down and in away from attachment of the elastic and hold.
6. Slowly return to the starting position and repeat.