

# Shin Splints

## What is it?

- Shin splints is a general term used for pain along the lower leg or shin bone.
- It is typically caused by overuse or a significant change in training, which can result in injury to the shin bone itself or to the soft tissues, muscle and tendons that connect along the shin.

## What does it feel like?

- Shin splints cause dull, aching pain in the front of the lower leg.
- You may feel it only during exercise or when you've stopped exercising. Sometimes, the pain is constant.
- Depending on the exact cause, the pain may be located along either side of the shinbone or in the muscles. The area may be painful to the touch.

## What are possible causes?

- Irritated and inflamed muscles or tendons caused by overuse.
- Flat feet or high arched feet.
- Tight calf muscles.
- Improper footwear which do not provide enough support for flat feet or cushion for high arch feet.
- Muscular imbalances of lower leg muscles.

## What can I do?

- Rest your body so the underlying issue heals.
- Ice the shin to reduce pain and swelling.
- Wear arch supports in your shoes.
- Compression sleeve to support and warm the leg.
- Exercise to strengthen the muscles in your shin and calf.

## Anything I can do to prevent this?

- Always wear shoes with good support and cushioning.
- Warm up and stretch your legs before working out.
- Stop working out as soon as you feel pain in your shins.
- Don't run or play on hard surfaces like concrete.

## Try these products:

- Compression sleeves or socks
- Handheld massagers
- KT tape
- Foam rollers
- Shoe inserts
- Heel cups

