

# I Have That Dreaded Shin Pain!

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Spring is definitely right around the corner. Everyone comes out to enjoy the nice weather. We start to take more walks and a few brave souls start a jogging program.

Are you experiencing shin pain since the start of a walking or jogging activity? If you are experiencing this pain, you may be suffering from “Shin Splints”!

We all have heard the term “shin splints” before and probably know someone who has experienced it. Another name for shin splints is Medial Tibial Stress Syndrome. This condition involves pain occurring on the anterior (front) of the shin or lower leg. The pain can start as a sharp pain in one spot along the shin, leading to more pain along the whole length of the shin. Some other symptoms may include pain with prolonged activity, swelling, redness or the area feeling warm.

The cause of shin splints is unknown, although there are several theories. The pain can stem from microfiber tearing in the fibrous sheath that covers the two lower leg bones (tibia and fibula). Factors that may play a role in creating this pain may include faulty posture alignment, muscle fatigue, overuse stress or fallen arches.

Here are some ways to treat shin splints at home:

- Gradually start an exercise program
- Stretch the lower legs and ankles before and after workouts
- Focus stretching the front of the lower leg and foot by bringing heel to buttock and pulling top of foot back
- Ice massage for 10 minutes with ice cup or any other ice pack
- Wear proper fitting shoes with good support in the midfoot, toe box and arch
- If pain continues, rest from activity for 1 week and then gradually start workouts

If these examples show no improvement with pain and symptoms, you may need to seek medical attention to prevent further injury.