

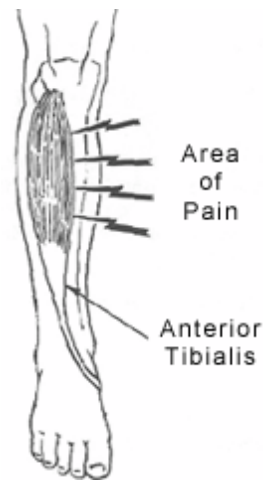
Anterior Shin Splints

Complaints

- Pain and tenderness along anterior (front) of shin
- Pain may increase with running and walking activities

Possible Causes

- Weak anterior tibialis muscle
- Tight calf
- Excessive pronation
- Soft, unstable shoes



Shoe Profile

The long axis of shoe should provide maximum torsional control of medial foot rotation (pronation) and the the midsole should provide proper vertical support. Proper support allows the shin muscles (dorsiflexors) to function more efficiently.

Orthotics

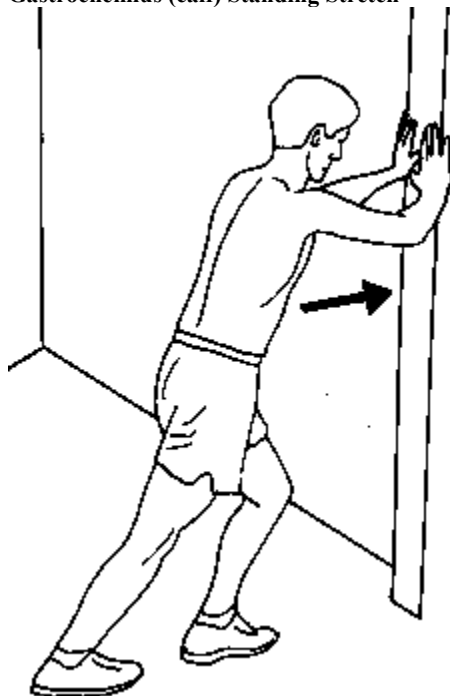
Neutral (mild pronators) – Over-the-counter orthotics may be beneficial
Moderate to excessive pronators – Custom orthotics may be beneficial

Exercises

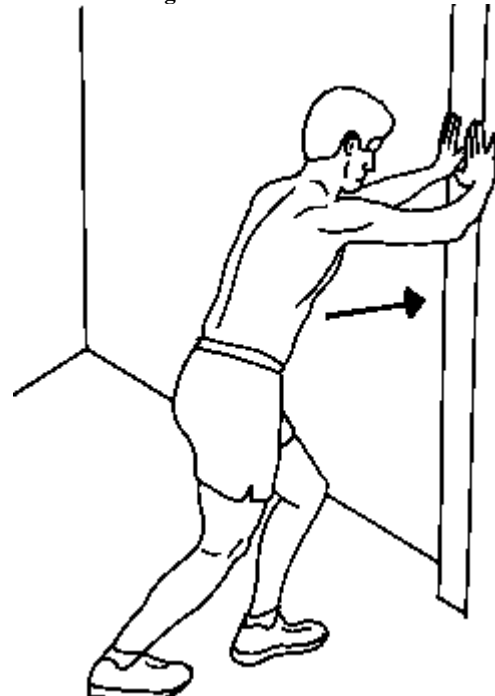
****Please consult your physican before engaging in an exercise program.****

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



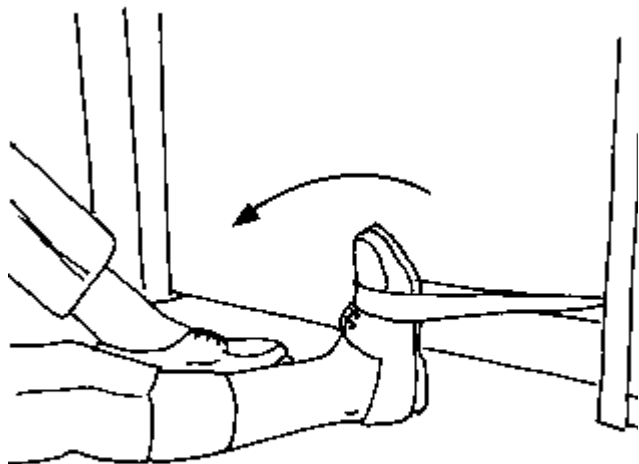
Soleus Standing Stretch



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

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 Up Elastics 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 at the bottom of the foot.
3. lace elastic around inside of foot just below the toes.
4. Back up to pick up slack of elastic.
5. Pull foot up keeping knee straight and hold.
6. Slowly return to the starting position and repeat.