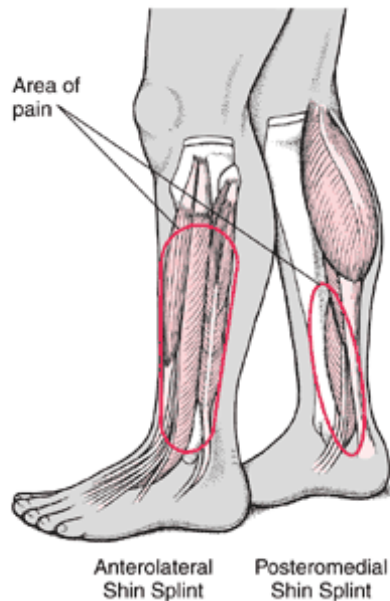


SHIN SPLINTS



DESCRIPTION: Inflammation of the lower leg muscles, tendons, and attachment points due to repetitive strain.

SYMPTOMS: Shin splints can occur in several different places, but are characterized by aching, throbbing, or tenderness along the shin bone on either the medial or lateral side. Pain is most severe at the beginning of a run or right after and tends to dissipate as the muscles loosen up.

CAUSES: Tired or inflexible calf muscles and Achilles tendons often cause shin splints in inexperienced runners. Overpronation that is not controlled, running on hard surfaces, and improper or worn out footwear tend to exacerbate shin problems.

SELF-TREATMENT: If pain is severe, discontinue running/walking. Ice the inflamed area and spend time doing low impact cross training. Stretch and strengthen the shin and calf muscles while gradually returning to running/walking.

HELPFUL PRODUCTS:

THE STICK: The Stick is a self massage tool ideal for increasing flexibility in the lower limb.

FOAM ROLLER: Foam rollers work to break up lactic acid buildup and increase flexibility.

PROPER FOOTWEAR: Overstabilization is one of the fastest ways to cause shin splints. A shoe that is too supportive does not allow the foot to pronate normally, and, in doing so, forces the shins to do more work. Similarly, when a foot overpronates excessively, the shins are forced to work harder.

STEP-STRETCH: The Step-stretch will allow a deep stretch in both the shin and calf.

INSOLES: If excessive overpronation is the cause of the shin splints, proper alignment and correction through the use of an insole can be helpful.

COMPRESSION SOCKS: If overuse or tiredness is the problem, compression socks will increase blood flow to the area, stabilize the muscles, reduce inflammation, and promote recovery.

GOOD FORM RUNNING: Overstriding and excessive dorsiflexion (pulling up on the toes) can cause unnecessary stress on the shins. Consider attending our free clinic and learning about proper running form.

Striders
SETTING THE PACE



GRANDVILLE:
Wednesday 6:30 PM

EASTOWN:
Monday 6:00 PM

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