

Shin Splints

By Dr. Boyd Williams
Certified Chiropractic Sports Physician

Shin Splints are an overuse injury which occur in athletes that are poorly conditioned and/or in athletes who might start a training program too quickly. Chronic stress or overuse may be from over-training, sprinting, running uphill and on hard surfaces. Biomechanical problems in the foot, ankle or knee can develop into shin splints.

A variety of different types of shin splints occur in the lower leg muscle(s), tendons, and bones. They may present individually or in combination with each other. The most common shin splints occur as two types: one causes pain and tenderness along the front and outside of the lower leg, the other occurs on the inside and back of the lower leg- often as a result of training errors, tight Achilles tendon or hyperpronated running.

Shin splint pain is usually described as a dull ache that increases with the intensity of exercise and is relieved with rest. The area of pain is usually very tender to the touch. Muscle weakness may also be associated with the injury. Chronic inflammation and muscle spasm can eventually lead up to a build up of chemical irritants and a decrease in normal blood supply, resulting in trigger points in the involved muscles.

Developing shin splints can bring an athlete's performance to a screeching halt. Shin splints can be successfully treated using conservative measures.

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