

Medial Tibial Pain Syndrome (Shin Splints)

What is it?

Pain and inflammation in the muscle located along the outside of the shin.

What causes it?

Repetitive, pounding force through the legs, as in running.

Symptoms

Pain, swelling, tenderness, dull aches and restricted movement.

Top Tips

Rest and apply ice asap. Seek advice on an exercise programme.

How to Treat it

RICER. Anti-inflammatories and painkillers. Physical Therapy like massage, using heat.



Rehab

Stretching and strengthening exercises. Low impact activities.

Definitions

Tibialis Anterior Muscle – muscle located along the outside of the shin

RICER – rest, ice, compress, elevate, refer

Associated Conditions

- Calf Strain,
- Achilles Tendon Strain,
- Achilles Tendinitis,
- Anterior Compartment Syndrome

Get Help Now

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