



FOOT NOTES

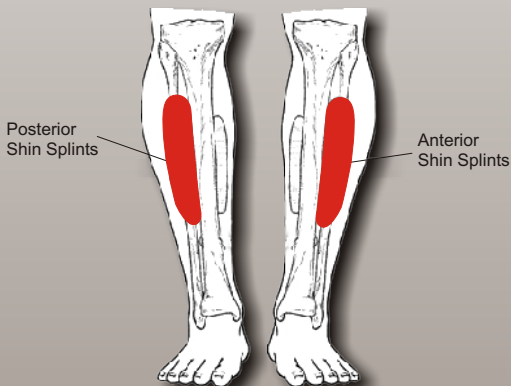
SHIN SPLINTS

DEFINITION

Shin splints are a painful inflammation of the periosteum—the dense layer of connective tissue that lines bones. It may also be called periostitis; the pain occurs along the inside or outside of the shin bone or tibialis.

CAUSE:

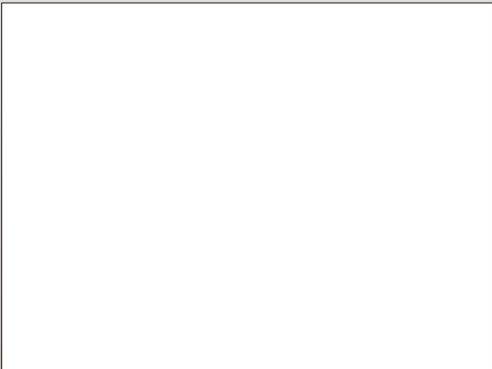
There are basically two factors causing shin splints. One is over use of the muscles, especially in people who have been sedentary and suddenly take up vigorous exercise. The other cause is pronation or inward rolling motion of the foot. Both these causes result in the muscles along the shin bone to be tightened with a resulting irritation and swelling of the periosteum.





TREATMENT

After an assessment by your Foot Specialist; treatment may include physiotherapy, a home stretching/strengthening program, footwear advice along with custom foot orthotics to optimize or control biomechanical function.



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