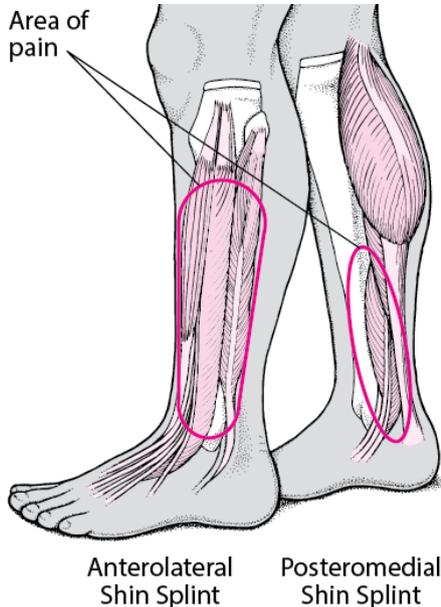


# Shin Splints

## Anterolateral & Posteromedial



Shin splints are a common pain to affect the lower leg particularly after activity such as running. Foot posture and footwear choice can also contribute to this pain. The pain is described as a sharp, dull, or throbbing sensation and can be tender to touch.

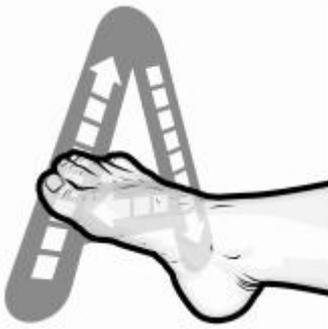
### What Treatments Can I Use?

- **Painkillers.** If your GP or Pharmacist has prescribed pain killers or anti-inflammatories, these should be taken at the recommended dose.
- **Cold Packs.** A cold pack (ice pack or frozen peas wrapped in a towel) can also provide short-term pain relief. Apply to the sore area for up to 20 minutes, every few hours.
- **Rest.** It can be helpful to reduce activity for several weeks to allow the aggravated area to settle.
- **Elevation.** Raise your ankle above the level of your hips to reduce swelling. You can use pillows to keep the foot up.
- **Supportive footwear and possible orthosis.**
- **Avoid hills and excessively hard surfaces until pain subsides.**
- **Stretching and strengthening exercises.**

### When Should I Seek Help?

The length of time it takes for your shin splits to recover depends on the severity of the original injury. However, if the pain and swelling has not shown improvement within six weeks, please talk to your therapist for advice.

## What Exercises Can I Do?



### Alphabet Writing

Write the alphabet in the air with your foot

*REPEAT: A-Z x 3 a day*  
*FREQUENCY: 3-4 x day*



### Walking on Heels

Walk forward with your toes pulled back. Make contact only with your heels.

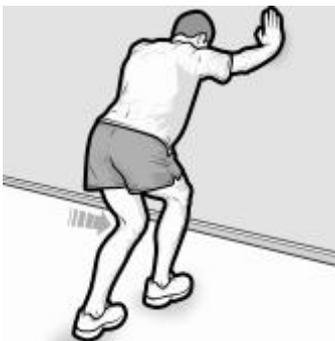
*REPEAT 3 x 1min*  
*FREQUENCY: 2 x day*



### Gastrocnemius Stretch

Pressing against a wall, ensure your feet are straight and keep your back leg straight, lean forward until you feel a stretch in your back calf.

*Hold for 30 seconds.*  
*REPEAT 3-4 times per day*



### Soleus Stretch

Pressing against a wall with one foot in front of the other and your knees bent, drop your hips down towards the ground, bending your back knee further, until you feel a stretch. Keep the heel of your back leg down and feet pointing forward.

*Hold for 30 seconds.*  
*REPEAT 3-4 times per day.*

Exercise Illustrations: © TheRehabLab