

## Shin Splints

For any sports enthusiast, the risk of injury is present in most any sport played. Dr. Harvey Danciger, foot specialist in Palm Desert, CA treats sports injuries on a regular basis and knows all too well the dangers feet and ankles are exposed to. Shin splints are a common sports injury that a person of any age can experience.

### What are Shin Splints?

When pain arises alongside or behind the shinbone, it is referred to as “shin splints.” In medical terms, you might hear this condition described as medial tibial stress syndrome. When the shinbone and the connective tissues surrounding the bone receive too much stress and force, pain and inflammation result.

### Who is at Risk for Shin Splints?

An overload on the shinbone can occur in many different sports and activities. Sports that specifically have bursts of speed and lot of starts and stops such as tennis, basketball and squash put players at risk for developing shin splints.

*Runners* are also particularly at risk for this injury due to the repetitive pounding of lower extremities on often very hard and unforgiving surfaces. Running downhill or engaging in a routine that causes a runner to do too much too soon will increase the risk for shin splints.

*Having flat feet* often causes ankles to roll inward when running and this could cause shin splints to develop. Men and women in military training often experience shin splints due to the intensity of their training regimen.

*Footwear* also plays a role as old, non-supportive or ill-fitting shoes will not be much help in supporting a runner’s feet and ankles.

### What are the Symptoms of Shin Splints?

Dr. Danciger always encourages his athletic patients to never push through pain. The “no pain, no gain” attitude will never fair well when it comes to keeping feet and ankles in good health. With shin splints, there is injury to the bone and tissues and ignoring pain will only make the injury worse and cause it to last longer. Symptoms of shin splints to be aware of include:

- Aching pain in the front of your lower leg
- Tenderness along the inner part of your lower leg
- Swelling in your lower leg
- Weakness or numbness in feet

### What is the Treatment for Shin Splints?

Fortunately, treatment for shin splints can be fairly simple although not always easy for some, as it requires some slowing down.

Treatment steps that Dr. Danciger will advise a patient with shin splints to observe include:

- Take anti-inflammatory medicines to help reduce swelling.
- Apply ice for 15-20 minutes a few times a day and elevate affected shin when possible.
- Refrain from activities that aggravate the injury or cause further pain.
- Get back into activity slowly by choosing low impact options such as swimming or cycling.
- Wear the right shoe for your foot and the sport involved in.
- Wear arch supports or custom orthotics provided by Dr. Danciger to give feet further support. These will help disperse stress on your shinbones.

If you are experiencing any of the symptoms described above, make an appointment with Dr. Danciger as soon as possible. He will do a thorough examination and find out the nature of your activity level to know what may have caused your injury. In some cases, the pain can stem from a stress fracture so an X-ray may be advised if Dr. Danciger suspects a more serious injury. Don’t delay in taking care of foot pain. Call (760) 568-0108 or make an appointment directly on our homepage.