



Chiropractic Care for Shin Splints



Overview

The pain of shin splints can keep you from being active. If you're an athlete, it can take you out of the game. But chiropractic care can help. A chiropractor can speed your recovery and help keep your shin splints from developing again.

Exam

Chiropractic care begins with an exam. You are asked about your history, your pain and any other concerns. Your chiropractor will look at the structure of your skeleton and muscles, and see how your body moves. A digital scan or a mold of your foot can help your chiropractor see how your weight is distributed.

Care and Management

Chiropractic adjustments, orthotics and other options may all be helpful. You may benefit from a continuing care plan. Your chiropractor can create a plan that is right for you.

