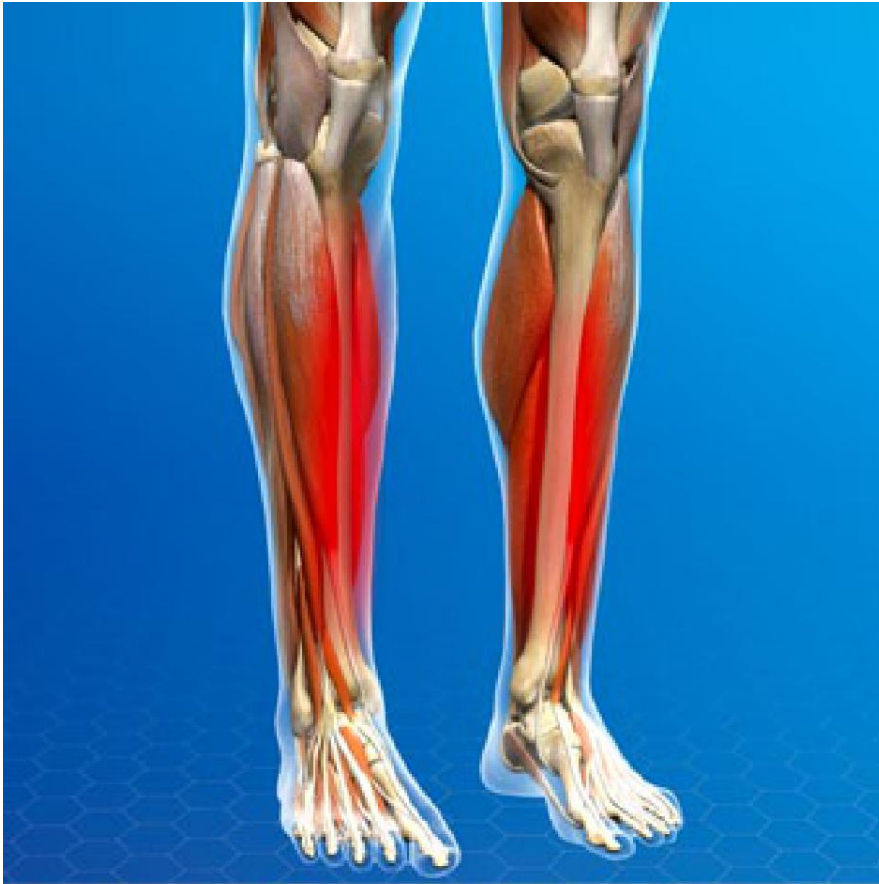




Shin Splints (Medial Tibial Stress Syndrome)



Overview

Pain from shin splints is felt in the front of one or both of your lower legs. It can be a problem for runners, dancers, gymnasts and other active people.

Causes

Shin splints is an overuse problem. It can develop when you increase your activity level or change your activity routine. Repetitive, high-impact leg activities can damage the muscles, tendons and bones of your lower legs. When the tissue connecting muscle to bone stretches and tears, it swells and becomes painful.

Symptoms

You may have sharp or dull pain in one or both legs. This pain gets worse with exercise and better with rest. If your shin splints are severe, your legs may hurt even when you aren't active.

Care and Management

Chiropractic care can help manage the symptoms of shin splints. It's a safe and effective way to deal with this painful condition. Your chiropractor can create a plan that is right for you.

