Shin Splints

Your exam shows you have shin splints. Pain in the front of the leg that occurs with running or walking is called shin splints. **Most often this is an overuse injury in athletes**. The muscles on the front of the leg are weaker than the calf muscles and repeated stress can cause inflammation of the muscles and tendons. Pain, swelling and tenderness in the shin area can become severe. **A stress fracture of the tibia may also cause pain similar to shin splints.**

Treatment of this condition includes rest and avoiding painful exercise. Ice packs and anti-inflammatory pain medicine may help reduce symptoms. Several weeks of rest and treatment are often needed to heal shin splints. Rehabilitation exercises and orthotic shoe inserts may be helpful for long-term prevention. See your doctor if you are not greatly improved in 1 to 2 weeks. **Additional studies such as X-rays or a bone scan may be needed to further evaluate your pain.**

SEEK MEDICAL CARE IF:

- Symptoms continue or worsen even after following treatments and recommendations above.
- The location, intensity and/or type of pain changes over time.

SEEK IMMEDIATE MEDICAL CARE IF:

- You have severe pain.
- You have trouble walking.
- Your leg becomes swollen.
- Your leg becomes pale compared to the other leg.

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