

## Shin splint information:

### 1. Prevention - shin splints are highly preventable!

- Shoes - like tires, will wear out in about 1 season (preseason not included)
- Muscle imbalances – ant. tib. vs. calf and post. tib. need to balance
- Flexibility – entire lower extremity must be stretched well every day
- Mileage – should be progressive (start well before season)
- Form – avoid knocking knees, rotating ankles, over pronation
- Nutrition – good balance of healthy foods (things that don't come in wrappers)
- Multiple surfaces – try to start running on multiple surfaces so body can adjust

### 2. Things you can do:

Eat right – calories in = calories out, vary foods and you'll vary nutrients, repair fuel.

Watch your shoes for excessive wear

Stretch religiously, especially the lower legs

Perform calf exercises and plyometrics for shin muscles (often ignored muscle group)

Try to vary surfaces every day from the beginning – body will adapt to each quickly

Ramp your mileage responsibly – No gung-ho newbies!

Check with your coach frequently about your form and how to improve it.

### 3. **5 steps for happy shins-**

1. Get inserts for your athletic shoes if you have any sort of arches
2. Wear only shoes that support you during the day (no flip-flops, Uggs, etc)
3. Stretch your calves before, during, and after activity
4. Ice your shins after activity
5. Strengthen your entire core and lower extremity. (i.e.- calf raises, squats, walking lunges, balance on one leg, lateral bounds (speed skaters))