



Q

How do you know if you have shin splints?

A

The term “shin splints” is often used to describe pain that occurs on the front of the lower leg. True shin splint symptoms, however, occur at the front inside area of the shin bone and can arise from a number of causes.

Experienced and novice runners alike can develop shin splints. Common symptoms include:

- Pain at the start of exercise which often eases as the session continues
- Pain that returns at the conclusion of activity and may continue into the next morning
- Swelling on the inside lower half of the shin
- Lumps and bumps on the inside of the shin bone
- Pain when the toes or foot are bent downwards

Treatment for shin splints is as simple as reducing pain and inflammation, identifying training and biomechanical problems which may have helped cause the injury initially, restoring muscles to their original condition and gradually returning to training.

If your running regimen is being disrupted by shin splints or other common athletic-related issues, it's time to contact Dr. Craig Thomajan of Austin Foot & Ankle Specialists for a consultation. Fighting through the pain can only make an injury worse, while properly treating a foot or ankle issue can result in a lifetime of healthy and comfortable physical activity.



To receive your FREE copy of Dr. Thomajan's book, **Keep Running!**, which offers tips on identifying and preventing common running injuries, please visit austinfootandankle.com/books.html.



5000 Bee Cave Rd., Suite 202
512.328.8900
www.austinfootandankle.com



 Look for us on Facebook!