

MY SHIN SPLINTS ARE GETTING WORSE, EVEN AFTER I GOT NEW SHOES!



Acute shin splints that begin 3-4 weeks into a sports season are often due to poor biomechanics caused by new sports shoes. McMeen Physical Therapy can help! >>

We often see student athletes that develop shin splint pain after 3 to 4 weeks of a new season. Most often they will have just gotten new shoes for their sports and have never had a history of shin splints in the past.

Close evaluation of their footwear reveals the shoe inducing a false forefoot varus that when in weight bearing will lead to accelerated pronation. The posterior tibialis musculature is forced to decelerate this exaggerated pronation and quickly leads to “shin splints.”

Initial treatment will include soft tissue modalities such as ice, electrical stimulation, ultra sound and even myofascial trigger point massage and release techniques.

Sometimes posting material can be added to an athlete’s shoe to neutralize the abnormal biomechanics caused by the footwear. Occasionally we must recommend getting different shoes that biomechanically support the students foot in proper form.

Unfortunately not all shoes are created equally. We have found several types of shoes that are very good but there are some shoes that will lead to shin splint pain very quickly. In an effort to help our patients the enclosed handout was created to assist patients, parents, coaches and friends on selecting a good shoe that is supportive.

A good calf and hamstring stretching program is also an integral part of the rehabilitation program.



“Your Movement Rehabilitation Specialists”

CONTACT US FOR MORE INFORMATION

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