

Medial Tibial Stress Syndrome (a.k.a. Shin Splints)

From the desk of: **Carly Bernadotte, PT, DPT**



Shin splints have you down?

Now that the weather is getting nicer, many of us have returned to working out outside. With the start of exercising and training may come some unwanted injuries. One of the most common injuries to new and experienced runners alike is medial tibial stress syndrome, otherwise known as “shin splints.” Shin splints can present in several ways, but most commonly they present as a pain on the inside part of the lower leg. This is where a muscle called the posterior tibialis is located. This muscle controls the foot lowering flat into full contact with the ground during walking and running. Weakness or overuse of this muscle can lead to excess stress on the tibia, or shin bone. This extra stress can lead to pain and if ignored eventually can lead to stress fractures.

How can I prevent shin splints?

Unfortunately, there is no current evidence to evidence to support any one prevention method. A big factor that can commonly lead to shin splints is training

How can I prevent shin splints?

(continued)

error. This includes increasing the intensity, duration, and frequency too fast for your body to handle. The surface you are running on can also play a part in shin splints. Running on surfaces that are too soft, such as sand or grass, or running uphill or downhill excessively can lead to extra forces that the foot, ankle, and surrounding muscles may not be prepared for. Runners of all ages and with experience of all distances should also remember to stretch the calves to maintain sufficient ankle motion required for running. To find out more specifics on a good running program for your situation or how to start, talk to your physical therapist about what is appropriate.

I think I have shin splints...

what should I do?

The first thing to do is take a break from running if it's causing you pain. If you are having pain every time you run, this is a sign that there is too much force for your body to handle. Next, we recommend you see your physician for diagnosis. If physical therapy is recommended, we'd love to see you! Physical therapy can help you recover from pain and identify insufficiencies in muscle length, muscle strength, or range of motion. Physical therapy is a safe way to recover and get back to running before the summer is over!



Quote of the month:

“Ever tried. Ever failed. No matter. Try again. Fail again. Fail better.”

- Samuel Beckett



Did you know?

- Shin splints are common in people with flat feet or high arches.
- If untreated, shin splints can develop into a stress fracture. If your pain is persistent, don't hesitate to see your doctor.
- Shin splints often occur in athletes who've recently intensified or changed their training routines.



~ Recipe of the Month ~

Ingredients:

- 2 & 1/2 cups old fashioned rolled oats
- 1/2 cup nuts, roughly chopped
- 1/4 cup honey
- 1/4 cup unsalted butter
- 1/3 cup brown sugar
- 1 teaspoon vanilla extract
- 1/4 teaspoon kosher salt
- 3/4 cup total extra mix-ins such as:
 - * dried fruits
 - * white chocolate chips
 - * dark chocolate chips
 - * coconut
 - * sunflower seeds
 - * M&Ms

How to prepare:

- ◇ Preheat the oven to 350 degrees. Line a 9-inch square baking dish with parchment or foil and lightly spray with cooking spray.
 - ◇ Place the oats and nuts on a rimmed baking sheet and bake for 8-10 minutes until lightly toasted. Place the nuts and oats in a large bowl.
 - ◇ While the oats are toasting, add the honey, butter, and brown sugar to a small saucepan. Cook over medium heat until the butter melts and the sugar dissolves, stirring occasionally. When butter mixture is ready, remove it from the heat and stir in the vanilla and salt. Pour this mixture over the oat and nut mixture and stir to combine. Add any extra ingredients (except for chocolate) and stir to combine. Make sure none of the oats are dry.
 - ◇ If you are adding chocolate, wait about 15 minutes for the mixture to cool a bit before adding the chocolate and then stirring to combine.
- Place all of the oat mixture in the prepared pan. Use a rubber spatula or the bottom of a greased measuring cup to press the mixture into the pan. Chill the granola bars for at least 2 hours. Lift the bars from the pan using the edges of the foil or parchment and place them on a cutting board. Cut into desired shape/sizes and serve.



Basic Granola Bars

Credit to: <https://www.blessthisessplease.com/granola-bar-recipe/>

Yield: 16 bars. Store in fridge or freezer.

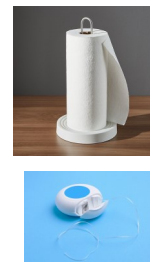


Announcing our 7th Annual ~ Hygiene Drive ~ for Active Faith South Lyon!

All donations are much appreciated and will be given to the local Active Faith. Donations can include but are not limited to:



- Toothbrush(es)
- Toothpaste
- Shampoo
- Conditioner
- Soap
- Mouthwash
- Razors
- Floss
- Toilet Paper
- Paper Towel
- Brush(es)
- Comb(s)
- Deodorant
- Floss



For the safety of our recipients, we are only able to accept new and packaged hygiene items. We will be accepting new items through May 2019. Thank you for helping to better our local community!

Brostrom Physical Therapy