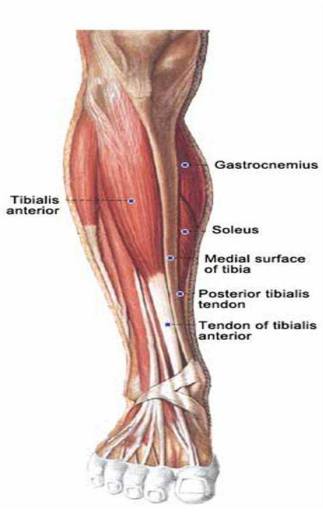
Gazelle Sports

Shin Splints

What is it?

- Shin splints is a general term used for pain along the lower leg or shin bone.
- It is typically caused by overuse or a significant change in training, which can result in injury to the shin bone itself or to the soft tissues, muscle and tendons that connect along the shin.



What does it feel like?

- Shin splints cause dull, aching pain in the front of the lower leg.
- You may feel it only during exercise or when you've stopped exercising. Sometimes, the pain is constant.
- Depending on the exact cause, the pain may be located along either side of the shinbone or in the muscles. The area may be painful to the touch.

What are possible causes?

- Irritated and inflamed muscles or tendons caused by overuse.
- Flat feet or high arched feet.
- Tight calf muscles.
- Improper footwear which do not provide enough support for flat feet or cushion for high arch feet.

What can I do?

- Rest your body so the underlying issue heals.
- Ice the shin to reduce pain and swelling.
- Wear arch supports in your shoes.
- Compression sleeve to support and warm the leg.
- Exercise to strengthen the muscles in your shin and calf.

Prevention

- Always wear shoes with good support and cushioning.
- Warm up and stretch your legs before working out.
- Stop working out as soon as you feel pain in your shins.
- Don't run or play on hard surfaces like concrete.

Try these products

- Compression sleeves or socks
- The Stick Massager
- Vibram FiveFingers footwear
- KT tape
- Foam roller
- Spri Wobble Board
- Spri bands
- Shoe inserts

Gazelle Sports is pleased to provide general information such as that above, however, this information is not intended as a substitute for professional medical advice.

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