

COMMON RUNNING INJURIES – SHIN SPLINTS

SYMPTOMS

Iliotibial Band (ITB) Syndrome is typically associated with pain on the outside of the knee while running. A runner may also experience pain on the outside of the hip and notice the pain more on slower runs than fast runs, running hills, or going up or down stairs.

COMMON CAUSES

Causes of this condition include:

- Inefficient foot mechanics. Overpronated foot.
- Change in running surface or banked surfaces
- Old and worn out running shoes
- Overpronated foot. (A foot that excessively rolls inward)
- Tight calf muscles
- Training errors (increasing mileage or intensity too quickly)
- Weak hip muscles
- Poor running form/biomechanics

TREATMENT

Treatments for this condition may include:

- Rest
- Decrease mileage and cross train with biking or swimming
- Apply ice
- Take anti-inflammatory medications (if tolerated)
- Get fit for shoes at a specialty store for correct running shoe type for your foot mechanics (cushion/stability/control shoes)
- Replace running shoes every 400 miles
- Stretch calf muscles
- Strengthen hip flexors, abductors and hip extensors
- Modify training schedule – avoid hills

PREVENTION

The best way to help prevent shin splints is to practice good shoe maintenance. Most importantly, a runner should wear shoes that are appropriate for his or her foot type. and training intensity. You may need over the counter insoles such as Superfeet, Powerstep or Currex to alleviate the excessive inward roll of your foot. Custom orthotics may be needed if your foot mechanics cannot be improved with a new shoe or over the counter insole. Running shoes need to be replaced every 400 miles to help prevent injuries like shin splints. Running shoes compress over time and will no longer absorb the body's impact from the forces applied.