

How long will it take to feel better?

This depends on how long you have had the problem (chronicity) and how active you are. By relieving the cause of your problem with a **Foot Solutions Custom Biomechanical Arch Support™**, you can expect **50-70% relief** the first month, **70-90% relief** the second month, and **90-100% relief** the third, depending on how consistently the support is used.



A tight calf can force a flattening of the arch & aggravate a case of shin splints!

Only Foot Solutions Exclusive Custom Biomechanical Arch Supports™ give your feet that custom, fit-like-a-glove support!



Let us help you learn more about your body so that you can do what it takes to stay healthy and pain free.

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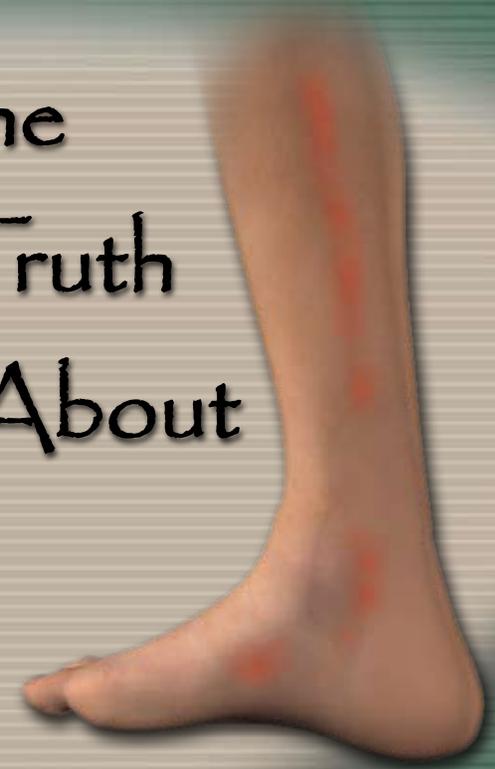
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FOOT SOLUTIONS

Custom Biomechanical Arch Supports™

The
Truth
About



Shin Splints



This brochure is provided to offer a general overview on this topic and may not apply to everyone. To find out if this handout applies to you and to get more information on this subject, talk to your doctor or podiatrist and a Foot Solutions foot specialist.

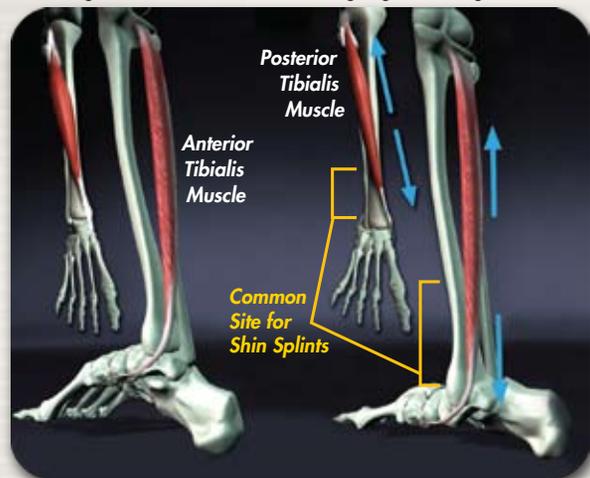
What are shin splints?

Tibialis Anterior and/or Tibialis Posterior Tendonitis or “shin splints” generally refers to pain anywhere along the shinbone (tibia) between the knee and the ankle. It occurs as a result of damage and inflammation of the tendons and muscles that run up the shin. Shin splints are commonly seen in runners and athletes.

Signs and symptoms may include pain along the front-inside edge of your shin. You may also have pain on the inner-back side of your leg. The area may be tender to the touch and, in some cases, can become red and swollen. You may be able to reproduce the pain of shin splints by pointing your foot and toes downward, but it is mostly aggravated by activity and exercise. Your doctor may consider an x-ray to rule out stress fractures and other conditions.

How did I get it?

The primary cause of shin splints is the overuse of the involved muscle and tendon. This can happen with an increase in exercise levels, repetitive movements like running, or other stresses to the lower leg such as hard or changing running surfaces.



Normal arch:
Note relaxed position of the muscle and height of arch.

Flattened arch:
The muscle is stretched and pulled to the inside of the foot.

Another major contributor to shin splints is over-pronation or arch flattening. The muscles in your leg that are primarily involved are the tibialis anterior and tibialis posterior muscles. These muscles help support your arch. When your arch flattens these muscles can become overworked and start to break down, causing pain and inflammation.

How is it addressed?

There are two main concepts in reducing shin splints: 1) the decrease of pain, inflammation or swelling, and 2) addressing the cause of the condition.

Exercise: Stretching and strengthening exercises are aimed at lengthening and strengthening muscles in your lower leg to take the stress off your shins. Exercises that make your muscles stronger are usually effective in prevention of a recurrence once your shin splints have healed.

Anti-Inflammatory Agents: Ice and oral anti-inflammatory medications may provide temporary relief from the pain of inflammation. Ice can be applied directly to the painful areas of your shin; a compressive elastic bandage can be helpful if there is any swelling. Although these may relieve your pain temporarily, they are not helpful in addressing the underlying causes of your condition. We recommend discussing your situation with your doctor.

Rest and Avoidance: Rest is often recommended to reduce inflammation and swelling. You may be advised to decrease your training time or distance until your shins have a chance to heal, or avoid activities such as running; try biking or swimming until your shin heals. It is important to remember that although rest may decrease your pain temporarily, it is best to talk with your doctor to address the reason why you have shin splints.

Surgery: In very rare cases that do not respond to conservative measures, surgery may be considered to repair muscles and tendons that are severely damaged.

Custom Arch Supports: Properly designed biomechanical arch supports (the kind that help how your foot functions) are often the most effective approach to shin splints. The right arch support can address *both* the current painful condition and may prevent re-occurrence of the problem over the long term.

A **Foot Solutions Custom Biomechanical Arch Support™** will cradle your arch, thereby relieving the stress of the muscle you have damaged. This is most effective in supporting the structural origin of the problem: loss of arch height. A combination of arch supports (to address the cause of your shin splints) and therapies (to decrease the inflammation) is the most effective strategy.

