



All Care Physiotherapy Newsletter

OCTOBER
2009

all care
PHYSIOTHERAPY

The Team

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* Our clinic is open
from 7.30am to 6pm
Monday to Friday

* Convenient parking
options are listed on
our website

Pain in the shin?

Do you get lower leg pain that comes on after running or long walks? You might have shin splints (tibial stress syndrome).

Where would I have pain?

- Along the front or to the side of your shin or tibia bone. It can often be along the edge of the bone
- It is often tender to touch, can be red and swollen

What are the signs?

- Tender along the edge of the tibia bone or on the muscles themselves (tibialis muscles, gastrocnemius muscles)



What causes shin splints?

- Poor biomechanics eg. hip, knee or ankle weakness
- Overuse of muscles
- Inadequate or no stretching routine causing tight muscles
- Poor equipment for example a old pair of running shoes or incorrect shoes for your foot type

What should I do to fix it?

- Initially rest from any activity causing pain, ice frequently and see your Physiotherapist

Treatment methods include:

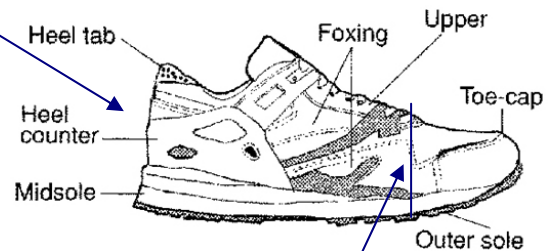
- Massage, joint mobilisation, electrotherapy eg. ultrasound, strapping, home stretching / exercise program and provide advice and education
- Your Physiotherapist will determine the best course of action after undertaking a detailed musculoskeletal assessment and design a program for you
- Physios aim to return you to your desired sport or activity as soon as possible!

How do I know if my shoes are any good or worn out?

There are a few important features to check when buying a pair of shoes or to check if your old shoes are still ok.

1. Heel counter

The heel support should be firm and not collapse when putting pressure through this area. The heel counter is essentially designed to support your heel.



2. The toe box

The shoe should bend at the position where the base of your toes sit in the shoe. To test this, push through the heel and at the front of the shoe where your toes sit and see where it bends. This area should bend with a bit of resistance, but shouldn't be floppy or too firm.

3. The sole of the shoe

If checking a pair of shoes you already own, check for any uneven tread wear.



receive
the care
you
deserve

all care Physiotherapy

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