

A shin-termission: Navigating lower leg pain

SOT

Brittany Delaney

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“If you’re in a high impact sport, alternate days and do low impact work like pool workouts or getting on a stationary bike.” (:12)

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“Foot mechanics play a role. Do you have flat feet? People with no arch support in their feet typically get shin splints. It’s a hard impact as opposed to having an arch to absorb the shock.” (:14)