

A shin-termission: Navigating lower leg pain

RUN TIME - :35

ANCHOR LEDE

Outdoor track and field season is underway. That means athletes and trainers are getting reacquainted with the shin – the front part of the leg between the knee and the ankle. While shin splints are a common and treatable injury, experts say it's important to not rush back to competition. Tim Ditman of OSF HealthCare has more.

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Brittany Delaney, an athletic trainer at OSF, says pain, swelling, tenderness or soreness are hallmarks of shin splints.

Rest, ice and slowly working your way back to competition are the things to do. For example, alternate running days with a more low-impact pool workout.

\*\*\*SOT\*\*\*

Brittany Delaney

OSF HealthCare athletic trainer

**"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)**

I'm Tim Ditman.

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ANCHOR TAG

That means a good shoe – and possibly an in-sole inside – are a must. Stretching, compression sleeves and a good strength training program can also help prevent shin splints.