

DR. DAVID GEIER

Sports Medicine Simplified



- HOME
- ABOUT
- WRITING
- PODCAST
- MEDIA
- RESOURCES
- STORE
- CONTACT

Shin Splints (Medial Tibial Stress Syndrome)

January 18, 2011 • Injury Locator, Leg, Ankle & Foot

- Follow
- Like 0
- Tweet

Shin splints are somewhat of a generic term for pain in the tibia, or shin bone. Typically [runners](#) are most commonly affected, but it can occur in any repetitive impact sport. Other causes of leg pain are covered in the posts on [chronic exertional compartment syndrome](#) and [stress fractures](#), so in discussing shin splints, we will focus specifically on medial tibial stress syndrome.

[Do you need to see a doctor? Answer this ONE question about your leg injury!](#)

Athletes with this condition typically complain of leg pain along the medial side of the tibia. Usually the pain is more diffuse than the pain with a stress fracture, which is often painful in a smaller, more localized area (although not always true). Runners notice increasing pain with running as they increase their distances or duration with training. Occasionally the pain starts to affect daily activities. [Tips for safe and effective conditioning programs.](#)

Sports medicine physicians will examine the runner or painful athlete and usually find tenderness along the tibia over many centimeters. Signs of other problems such as calf tightness are most always absent. X-rays are usually normal, but physicians will order them to rule out stress fractures. Depending on the severity and duration of the symptoms, more advanced tests such as bone scans or MRI's are ordered.

Treatment for medial tibial stress syndrome is usually nonsurgical. Rest from running, or even just modifying activity and switching to less impact exercise such as swimming, biking, or using an elliptical trainer, is often necessary. Ice and anti-inflammatory medications, often provide pain relief. Physical therapy for stretching exercises and modalities can be helpful. The key is prevention. Runners need to increase their training slowly. When increasing distance for an upcoming race or event, they need to increase no more than 10% per week to give their tibias time to recover from the increased stress.

Filed Under: [Injury Locator](#), [Leg](#), [Ankle & Foot](#)

← Shoulder Dislocations

Sever's Disease →

2 Responses to *Shin Splints (Medial Tibial Stress Syndrome)*



GK says:
November 21, 2015 at 10:12 pm

I am a springboard diver (but I used to be a soccer player), and recently I have developed shin pain that I believe is shin splints based on past experiences. However, I have not been running. My only exercise has been diving, some ab work, and swimming. Could I still have shin splints from? Did I develop them from all the jumping on the diving board?



drdavidgeier says:
November 22, 2015 at 8:45 pm

Athletes other than runners can develop shin splints.

Reply

Leave a reply



Please note: I cannot and will not provide specific medical information within these comments, just as I won't anywhere else. Also, I reserve the right to delete comments that are offensive, off-topic, or spam. If you have questions, please read [My Comments Policy](#).

Comment

Type to search, then press enter

GET YOUR FREE EBOOK



Enter your name and email below to get your **Free Copy** of *The Year of the Healthy Athlete: 52 weekly tips to keep you injury free and performing at your best.*

Plus you will receive updates on injuries, treatments, prevention, health and wellness information and more! [Learn more!](#)

Privacy Guarantee: I will never share your e-mail address with anyone else.

Subscribe

ABOUT DR. DAVID GEIER



I am an orthopaedic surgeon and sports medicine specialist in Charleston, South Carolina.

On this blog, on my podcast, and in articles for numerous publications and in media interviews, I aim to provide you leading commentary and education on injury treatment and prevention to keep you performing at your best!

[Learn more about me!](#)

Follow me on Twitter

Like me on Facebook

Connect with me on LinkedIn

Follow me on Google+

Follow me on Pinterest

Subscribe to my RSS Feed

CONNECT ON FACEBOOK



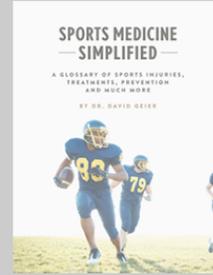
Be the first of your friends to like this

Name *

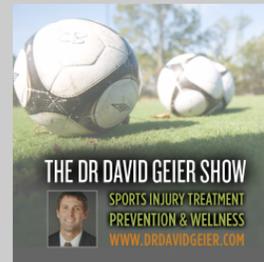
Email *

Website

[Post Comment](#)



THE DR. DAVID GEIER SHOW



POPULAR POSTS

- [Neuromuscular training programs can prevent ACL injuries and save money](#)
- [Is weight training effective for kids?](#)
- [Chronic traumatic encephalopathy: What is CTE, and should athletes and parents be concerned?](#)
- [Higher rates of arthritis in later years for kids undergoing ACL surgery](#)
- [The benefits of playing sports aren't just physical!](#)
- [Treatment options for plantar fasciitis](#)
- [3 concepts all athletes can learn from figure skaters](#)
- [States should adopt guidelines to prevent deaths in high school sports](#)
- [Warning signs for youth sports burnout](#)
- [Ask Dr. Geier – Meniscus repairs that don't heal](#)

ABOUT ME



I am an orthopaedic surgeon and sports medicine specialist in Charleston, South Carolina.

On this blog, on my podcast, and in articles for numerous publications and in media interviews, I aim to provide you leading commentary and education on injury treatment and prevention to keep you performing at your best! [Learn more about me >>](#)

MEDIA

I'm excited to help with information and interviews for print, radio, television, and online media. [Media information >>](#)

WRITING

Writing I write articles and columns for a number of publications and organizations. [Writing information >>](#)

Sports Medicine Simplified: A Glossary of Sports Injuries, Treatments, Prevention and Much More



[Learn more about the glossary >>](#)



Search for information on almost 100 injuries from sports and exercise!

visited on 10/31/2016