



## Shin Pain



This is a common injury in many running based sports. It is characterised by pain in and around the tibia (shin bone) in the lower leg and usually occurs as a result of a sudden

increase in the frequency, duration and/or intensity of activity. People at risk are those with abnormal biomechanics, using inappropriate footwear for the activity and often poor flexibility.

Prevention initially starts with undertaking adequate and supervised training. Programmes may be required to develop strength, balance, coordination and flexibility. Wearing the appropriate footwear for your foot type and considering a biomechanical foot screening to determine if further orthomechanical control is required.

Like most overuse injuries, shin pain may develop gradually over a period of time but if assessed and treated early, a return to normal activity levels can be easily achieved.

**Call 9388 9999**