**Shin Splints** The problem is caused by four major factors:

1) this is the most used area of the body that is served by the least blood supply

2) before you notice the pain, the area has been damaged for about 3 weeks. Contrary to popular belief you don't get shin splints from one workout. When you first feel them, they have been there, but you haven't had any reason to run your hand down the shin and press against the shin to feel the pain.

3) wrong training at the wrong time (overuse). You know when shin splints are severe when they hurt after the workout when you walk. If you are lucky to catch them soon enough, it will be when they hurt while you run, but not when you walk. Don't ignore the pain thinking they will go away.

4) not allowing the shins to be completely healed before doing stupid things on them.

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Doing nothing while you have shin splints, will not stop them from reoccuring when training resumes unless you quickly monitor them each morning by running your hand between the muscle and the tibia.

If you follow the procedure given below, you should be able to heal up your shin splints and run without reinjuring them.

You must keep a diary of what you do athletically each day.  The total time expended each day to follow this program is very short.  The only failures I've had are with those persons who don't take the time to follow the program, indicating to me that there are other more important things in their life than being an athlete.  I have made up a chart that you can use to make it easier to record the data.

**Each night** write down what you did for a workout that day (anything athletic).

**Each morning** write down the length of the area of pain in each leg to the nearest mm (for example, 4.1 cm....not just 4 cm).  A measuring tape is great.  Put pressure on your shin beginning just below the knee, continue down the knee until you feel pain.  Mark the spot where the pain begins with a pen.  Continue on down the leg until the pain quits.  Mark the spot where the pain quits with a pen.  **Measure the distance between the two marks to the nearest tenth of a mm**.  Write this down next to yesterdays workout.

**Have someone or you look over the workouts** to determine which workouts or exercises therein are causing your problem after 2 weeks and then modify your program to include less of the type of workouts (or exercises) that seem to injure your shins.

**Continue** the measurements until you are fully healed **(three weeks after the pain goes away!!).**

Shin Splint Program

Measurement Next Morning Measurement

Date Workout Right Left

11/30/92 30 minute ride, 20 minutes of aerobic exercises

(how hard?    what kind of aerobic exercises?  12.1 13.4