

Thanks to our partnership with Nationwide Children's Hospital Sports Medicine, families of our organization have access to the “Community Partner Priority Scheduling and Injury Hotline”.

- Staffed 7 days a week by a certified Athletic Trainer from 8 a.m.-8 pm.
- Available to discuss and provide injury advice
- Schedule priority appointments when needed
- Alleviate unneeded trips to the Emergency Room
- Offer quick appointment times to meet your needs
- Provides ease of mind when dealing with your kid's injuries

**Sports Medicine  
Priority Scheduling  
and Injury Hotline:**

**(614) 403-6396**



## **MEDIAL TIBIAL STRESS SYNDROME (Shin Splints)**

Shin splints is a term broadly used to describe pain in the lower extremity brought on by exercise or athletic activity. Symptoms include pain in the front or more commonly the inner part of the lower half of the shin (lower leg), above the ankle; pain that initially occurs after exercise, progressing to pain in the beginning of exercise that lessens after a short warm-up period and with continued exercise and left untreated, constant pain that eventually causes the athlete to stop sports participation. Shin splints are caused by overuse from repetitive activity, which leads to breakdown of the tissues. Continued activity, before the breakdown can be repaired, leads to inflammation of the periosteum (lining of the bone) and the tendon insertions into the bone and its lining. This breakdown exceeds the ability of the tendon and periosteum to heal completely, resulting in injury, more inflammation, and pain.

### **Preventive Measures**

- Appropriately warm up and stretch before practice or competition.
- Maintain appropriate conditioning:
  - Leg and ankle flexibility
  - Strength and endurance
  - Cardiovascular fitness
- Ensure proper shoe fit with adequate cushioning.
- Wear cushioned arch supports.
- Use proper technique and have a coach correct improper technique.
- Gradually increase activity.
- Run on surfaces that absorb shock, such as grass, composite track, or sand (beach).