

## Runner's Massage

Are you a serious runner interested in preventing or treating pain in the front of the lower leg or in the calf?

Does it hurt when you bring toes toward your shin or when you point or walk on your toes?

Lack of pre- and post-run care or poor alignment in the leg can result in SHIN SPLINTS – chronic strain on tibialis anterior (muscle on the shin) and/ or tibialis posterior muscles (inside of shin bone).

***South Mountain Massage Therapy offers prevention or assessment and treatment of lower leg pain. Depending on your unique needs and goals, I will suggest a treatment plan. Package Deals are available (see website pricing or discuss with Paula, your therapist). Visit [www.southmountainmassage.com](http://www.southmountainmassage.com)***

### **What Happens with Shin Splints:**

- Usually tiny tears in tibialis anterior where it attaches to the tibia
- This generally leads to periostitis (inflammation of the periosteum of the tibia (sheath surrounding the bone))
- Shin splints is often used as a “blanket” term for any pain along the anterior lower leg. This includes tibialis posterior tendonitis. Tibial stress fractures, periostitis, compartment syndrome

### **Shin Splints SYMPTOMS:**

- Pain, swelling, and tenderness along the crest of the tibia, usually either posteromedial (back and inside of lower leg) or anterolateral (the front, outside)
- Pain at the start of exercise which often eases as the session continues
- Pain often returns after activity and may be at its worst the next morning
- Lumps and bumps may be felt when feeling the inner portion of the tibia
- Pain when the toes or foot are plantar-flexed (think tip-toeing) or pain bringing toes toward shin (dorsiflexion)
- A redness over the inside of the shin (not always present)

### **Shin Splints Massage Treatment:**

- Rule out stress fracture ( MD referral for massage)
- Deep tissue and Advanced Myofascial Techniques to release the anterior compartment
- Massage tibialis anterior with deep muscle stripping, and ischemic compressions, staying away from the bone
- Massage hypertonic gastrocnemius and soleus
- Massage Proximal structures ( glute, hams, quads)
- Treat compensating structures: adductors, quads, hamstrings, psoas

### **Hydrotherapy:**

- Alternating ice/heat, ending in ice
- Ice after activity