

Shin Splints

& how to manage them in the dance studio



Two main types of shin pain:

- Medial tibial stress syndrome (overuse injury)
- Stress fracture

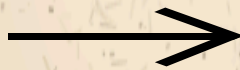
Symptoms:

- Pain along shin bone
- Pain on inside of leg
- Pain especially on jumping / landing

Main causes:

- Weak / imbalanced ankle muscles
- Change in intensity / frequency of dance
- Change in dance surface
- Poor technique - especially landing

Healthy Shins



At risk of stress fracture



Pain free



Pain only on impact

Reduce impact



Pain all dancing & walking

STOP dancing and seek medical advice

Pain at rest

How to help the dancer:

- Reduce impact
- Drain legs after dancing
- Stretch calves
- Roll out / massage calves, esp the inside
- Roll out feet
- Tape shins / arches
- Strengthen the inside ankle
- Strengthen the hip rotators
- Healthy diet / vitamin D

