



## **Advanced Orthopedic Specialists, P.C.**

**Laith A. Farjo, M.D.**

2305 Genoa Business Park, Suite 170

Brighton, MI 48114

Phone: 810.299.8550 Fax: 810.844.0837

[www.advancedortho.net](http://www.advancedortho.net)

### **Medial Tibial Stress Syndrome ("Shin Splints") Rehabilitation Protocol**

#### **Type I: Pain only after activity**

- 25% workload reduction
- Ice massage or ice wrap after activity
- Symptom-free stretching program gastroc, soleus, anterior & posterior tibialis, peroneals
- Strengthening program: gastroc, soleus, anterior & posterior tibialis, peroneals.
- Check for pronation problems

#### **Type II: Pain during activity, not restricting performance**

- 50% workload reduction
- Ice massage or ice wrap after activity
- Stretching program as in Type I
- Strengthening program as in Type I
- NSAIDs (loading dose, give 10 days to 2 weeks)

#### **Type III: Pain during activity, restricting performance**

- Relative rest
- Alternate activities - non-impact, symptom-free activities, cycling, swimming, Nordic Track
- Stretching & strengthening program
- Ice massage or ice wrap

- NSAIDs

### **Type IV: Pain, chronic, unremitting**

- Exhaustion of all conservative therapy modalities
- Immobilization - cast boot

### **When to return to running in Type III and IV**

- When patient can tolerate alternate activities & rehab for 4-8 weeks
- First, alternate running with non-weight bearing exercise 2-3 weeks
- Gradually increase mileage & intensity Remind the runner the "Rule of Too's"
  - *Don't run too much, too soon or too fast & make sure your shoes aren't too old*