

## SHIN SPLINTS

### Remedy:

To ease the pain and reduce inflammation, ice your shins immediately after running. Use either a store-bought cold pack or simply freeze a wet towel before going out on a run. Whatever you use, wrap the ice pack around your leg and keep it on for 10 or 15 minutes, keeping your foot elevated all the while. Take aspirin or ibuprofen at mealtime to help reduce inflammation further.

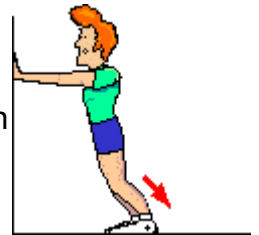
Definitely cut back on your mileage and perhaps take a few days off from running. Whatever you do, do not try to run through the pain. You will only make your injury worse and could wind up with a stress fracture.

Work on stretching your calf muscles. Do [wall pushups](#) several times a day, particularly before and after running, but be careful not to overdo it. Overstretching the calf can only do more damage. Ease into the stretch slowly and go only to the point where you begin to feel the muscle resist the stretch. There should never be discomfort.

Repeat each stretch two or three times:

### 1. Wall Pushup #1

Stand about three feet from a wall, feet at shoulder width and flat on the ground. Put your hands on the wall with your arms straight for support. Lean your hips forward and bend your knees slightly to stretch your calves.



### 2. Wall Pushup #2

From the previous position, bend forward to lower your body to waist height. Bring one foot forward with your knee slightly bent. Lift the toes of the front foot to stretch the muscle under the calf. Stretch both legs.



### 3. Wall Pushup #3

Put your feet together, rocking back on your heels with your hands on the wall and your arms straight to form a jackknife with your body. This stretches your hips, shoulders, and lower back.

