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PHYSICAL
THERAPY, P.C.

NEWSLETTER

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JULY 2021

A close-up, low-angle shot of a runner's legs in motion, wearing black shorts and red and white running shoes. The background is blurred, suggesting a running path.

IS THERE A *SHIN* *SPLINT* IN YOUR *RUNNER'S* *HIGH?*

INSIDE...

Patient Success

At-Home Exercise:
Ankle Alphabet

Featured Technology:
Hypervolt Massage
Gun



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IS THERE A SHIN SPLINT IN YOUR RUNNER'S HIGH?

Correct your shin splints with physical therapy.

Is your runner's high being stifled by pain in your shins or legs? Do they tend to throb after your daily jogs, or ache simply after moving quickly to catch up with someone? If so, you may be experiencing shin splints.

Shin splints, also medically referred to as "medial tibial stress syndrome," occurs when there is excessive stress on your shinbone and its surrounding tissues. These tissues connect your muscles to your bones, and when they become inflamed, it can become painful. They are most common in runners, due to the stress of impact that the shins face while running; however, shin splints can present themselves in anyone whose lifestyle includes substantial physical demand.

Shin splints can be painful and debilitating in your daily life, but physical therapy can fortunately help alleviate the pain and correct the condition. To speak with someone about how physical therapy can help fix your shin splints, call our office today!

Causes of shin splints:

There are many common causes of shin splints, including, but not limited to:

Previous injury. If you have had a foot, leg, or shin injury in the past, your risk of shin splints may be heightened.

Sport participation. Some sports have a higher risk of shin splints than others, especially those with high levels of running and/or jumping.

Body mass. If you have a BMI greater than 20.2, your probability toward developing shin splints may be higher.

Overpronation. This is also referred to as the act of flattening the arches of one's feet while standing, walking, or running. A flat arch creates a greater risk of shin splints.

Hip motion. This can be related to sport or general gait, in which the hips move through a greater range than what is typical. This is common in sports such as dance, gymnastics, or cheerleading, but can also be due to an abnormality in the way one walks.

Improper shoes. Wearing shoes that are ill-fitted or that don't provide proper arch support can increase your risk of shin splints.

Lack of stretching. If you complete a run or workout without warm-up and cool-down stretches, your muscles and tissues can become irritated, increasing your risk of shin splints.

General weakness. If you have weak ankles, hips, or core muscles, you may be at a greater risk of developing shin splints. This can be corrected through strength training exercises.

[Article Continues Inside...](#)

Call Recovery Physical Therapy today at (917) 763-7825 to schedule a return appointment to our clinic. You can also visit our website at www.recoverypt.com.

We're here to help you be your healthiest. Call Recovery PT today at (917) 763-7825 to make an appointment!

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As noted, the causes of shin splints are vast, but your physical therapist can help you figure out the root of the problem. He or she will complete an extensive evaluation process with you, noting your painful areas and testing the abilities of your current physical motions. This may include anything involving stretching, flexibility, gait, mobility, and range of motion. From there, your physical therapist will create a treatment plan based on your needs.

Treatment plans for a specified shin splint condition may include, but are not limited to:

Manual therapy. Hands-on massage of the painful area and its surrounding areas, in order to ease stress off of the injured tissue.

Light exercise. These exercises can serve several functions. They can be used to increase the strength and/or range of motion of the hips, arches, or shins, in order to decrease overpronation and stress on the lower leg. They can also be used to stretch the muscles around the shin, in order to reduce inflammation. This may also include single-leg exercises, such as squats, reaching, or heel raises.

Modified technique. Sometimes, shin splints can be a result of poor technique with gait or sports. Your physical therapist may work with you to modify your take-off/landing techniques, or your leg and foot control while walking or running.

Taping/compression. Your physical therapist may suggest taping the affected area (arch of foot or leg muscles) to promote healing and compress the affected muscles.

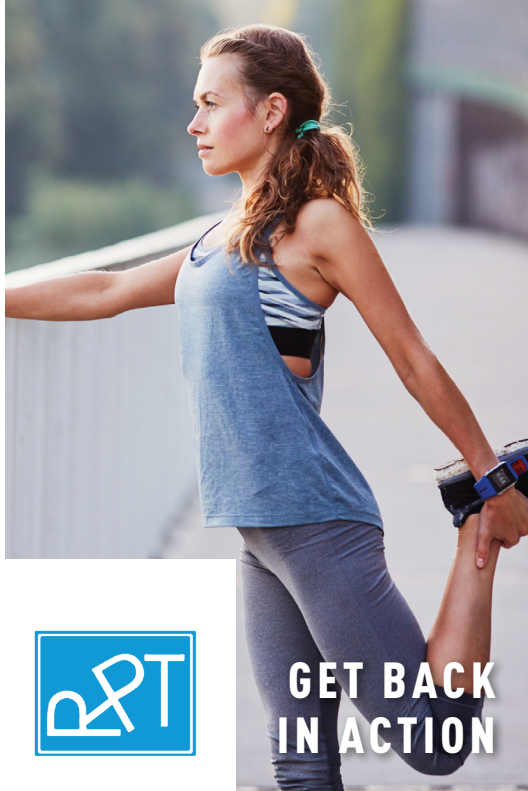
Ice. Ice healing may be prescribed, in order to decrease pain and inflammation. Depending on the severity, your physical therapist may suggest icing multiple times a day.

Footwear suggestions. Your physical therapist may provide you with supportive or orthotic footwear suggestions, which may help speed up your shin splint recovery and decrease the risk of them in the future.

Rest. An important part of your physical therapy treatment will be rest, although you will also be participating in important stretching and light exercises with your physical therapist. Your physical therapist may suggest taking a short break from the activity or exercise that aggravated your shin splints until you are healed.

At Recovery Physical Therapy, we are dedicated to assisting you in your healing journey, and making it as comfortable for you as possible. If you believe you may be suffering from shin splints, give us a call today. We will help you get back on your feet in no time!

(917) 763-7825



GET BACK IN ACTION

AT-HOME EXERCISE

Use this exercise to prevent or relieve shin splints.

ANKLE ALPHABET

Sit in a chair with good posture. Rest the edge of your heel) on the floor as shown. Write the letters of the alphabet from A to Z with your big toe.



Make sure to consult your PT before attempting new exercises you are unsure of doing.



Featured Technology:

HYPERVOLT MASSAGE GUN

At Recovery Physical Therapy, we utilize the Hyperice Hypervolt massage gun to help relax tight muscles, reduce inflammation, and minimize muscle soreness and tension for our patients.

Benefits Include:

- Relieves muscle soreness and stiffness
- Improves range of motion
- Promotes circulation
- Accelerates warmup and recovery



Learn more about how our Massage Therapy services can help you by calling us at (917) 763-7825.

PATIENT SUCCESS

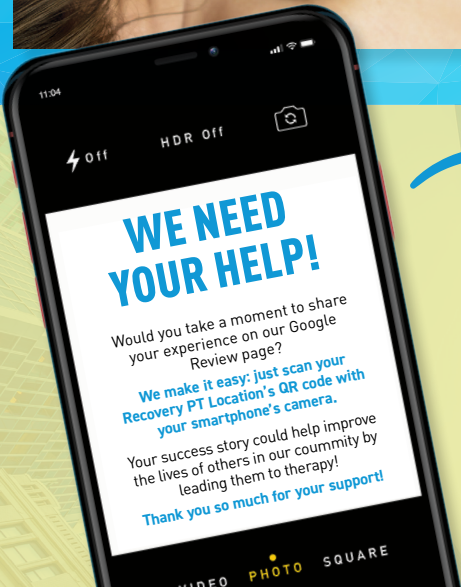
Recovery Physical Therapy Patients are Seeing Results!

"Recovery PT changed my life."

"I've been a patient at Recovery Physical Therapy for almost 2 years now. I had been struggling with a back and hip pain for a while, not knowing what was wrong. Russell identified my misdiagnosis and I can't thank him enough, it honestly changed my life. He is thoughtful, attentive and cares deeply for his patients and their pain management and is hands down the best and most knowledgeable physical therapist I have ever been to." - J.R.



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LARCHMONT



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UPPER EAST SIDE



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