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G4 Physiotherapy & Fitness Newsletter

May 2017

'Shin Splints'

Medial Tibial Stress Syndrome (more commonly referred to as Shin Splints) indicates pain felt around the shins of the lower leg particularly felt whilst running, due to overuse or repetitive stress.

Causes: the pain felt arises from chronic traction of the muscles of the deep compartment of the lower leg (Tibialis Posterior, Flexor Digitorum Longus and Flexor Hallucis Longus) at their origins of the medial surface of the tibia.

Symptoms: diffuse pain is felt around the postero-medial surface of the tibia, with tenderness to touch at these points. The onset of symptoms may occur when the sportsperson starts the activity (e.g. running), but

Diagnosis & Management: MRI scans may display diffuse oedema and periosteal thickening at the medial tibia. A combination of physiotherapy, sports rehabilitation and podiatry will aid in the diagnosis . A rehabilitation programme may include rest, soft tissue therapy including hands on treatment and self- stretching/ foam rolling, concentric and eccentric strengthening of the related muscles, and orthotics to address biomechanical abnormalities further up the kinetic chain.

Differential Diagnosis: It is important to know how to recognise the symptoms of Medial Tibial Stress Syndrome, but also how to distinguish from other conditions that may present with similar signs and symptoms.

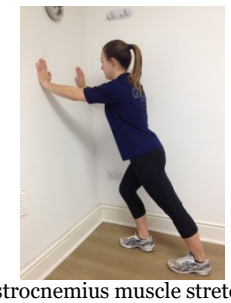
1. ***Bone stress reaction or stress fracture:*** This presents as localised and focal pain that is acute or sharp, particularly with tenderness to touch. Symptoms become worse with impact, and can remain constant or are exacerbated by exercise. Stress fractures may occur on either the tibia or the fibula, as well as individual bones of the foot.

2. ***Chronic exertional compartment syndrome:*** Increased pressure within the muscles and the fascia causes reduced blood flow resulting in ischemic pain. A diffuse ache and tightness is felt, which gradually increases as exertion does (usually 10-15 minutes into exercise). Tenderness to touch and muscle weakness or paraesthesia may also be felt. Any symptoms that present decrease with rest. The most commonly affected compartments are anterior tibia (front), lateral tibia (outside) and deep posterior (back).

Up and coming Events

- **7th May - Bristol Great 10km**
- **14th May - Stratford Sprint Tri**
- **21st May - Cheshire Sprint Tri**
- **21st May - Windermere Asics Marathon**
- **27/28th May - Edinburgh Marathon Festival**
- **27/28th May - Liverpool Rock N Rolla Marathon/Half/10km**
- **28th May - Great Manchester Half & 10KM**
- **29th May - Broadgate Tower Climb**

Stretches and Exercises for Shin Splints



Gastrocnemius muscle stretch

Eccentric calf raise exercise

Tibialis Anterior Strengthening

Meet The Team

Anna

As a new recruit to the Massage Therapy team here at the G4, Anna has enjoyed the variety of massage treatments she is able to provide to our clients, ranging from deep tissue massage to pregnancy massage.

Anna uses a mixture of sports, deep tissue, pressure point and releasing techniques to cater massage treatments to an individual's concerns and needs. She is also keen to educate clients regarding exercises or stretches to help them strengthen or release the areas as necessary between treatments.

In her spare time she likes to continue learning about the body, particularly researching new methods or techniques that can help with client's individual requests.

Pilates & Core Stability Classes

Pilates is a fantastic activity for men and women to improve core stability, muscle tone, posture and balance. It helps people of all activity levels, from sedentary to athletic, and can also help those suffering from lower back pain and or requiring injury rehabilitation.

Monday AM: 6.30am – 7.30am
Monday PM: 6pm—7pm
Wednesday AM: 9.45 am—10.45am,
Wednesday PM: 6pm – 7pm, 7pm – 8pm & 8pm –9pm
Thursday PM: 6pm – 7pm, 7pm – 8pm & 8pm – 9pm
Friday AM: 9.45am – 10.45am
Saturday AM: 10am – 11am