

Welcome to our **Newsletter** ...  
Designed to provide you with  
current information about  
**Physiotherapy**...

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**Cherrybrook Physio**  
**9484 3360**  
**For all your Physio Needs...**

- Assessment**
- Diagnosis**
- Treatment**
- Rehabilitation**

**Cherrybrook  
Physio therapy**

a leading Physio Clinic  
of excellence in  
The Hills.

We tailor specific,  
individualised and evidence  
based treatment plans that  
are specific for your injury.  
For an accurate diagnosis  
and tailored treatment plan  
call **9484 3360** and make  
an appointment today...



## ALL YOU NEED TO KNOW ABOUT SHIN SPLINTS

this issue

- What are Shin Splints?**
- What should I do for Shin Splints?**
- Want a Better Physio Rebate?**

### What are Shin Splints?

**Shin Splints is a common complaint, especially among participants of running sports. The term 'shin splints' is colloquially used to describe shin pain along the inside or front edges of the shin.**

Shin splint pain usually develops gradually without a history of trauma, and might begin as a dull ache along the front or inside of the shin (Tibia) after running or even walking.

Shin splints involve damage and inflammation to the tissue – tenoperiosteum - which connects the muscles to the inside of the Tibia. This occurs due to excessive tension from either too forceful or repetitive actions.

#### Cause

Shin Splints are due to excessive stress/shock being applied to the lower leg.

The most common stresses are due to **overuse or overtraining** associated with **poor foot and leg biomechanics**:

- Excessive pronation (inward roll of foot)
- Lateral foot strike (heel hitting ground on outside edge)
- Over use – changes in intensity of exercise too quickly
- Unbalanced muscle groups – tight calves & weak glutes
- Poor or inappropriate footwear especially running shoes hard surfaces or inclines

#### Characteristics

The pain associated with shin splints may decrease as you warm up with activity in the initial stages of injury.

As the condition progresses, you may experience symptoms that increase during sport or activity, affecting performance.

Typically it is painful on palpation of the inner border of the tibia particularly along the lower third of the bone. Areas of muscle tightness, and or thickening may also be felt in the area of pain.

***Persistent or severe shin pain needs to be assessed by a qualified Physiotherapist....***

### What Should I do for Shin Splints?

Shin Splints do not normally settle on their own - if the cause of the problem is not addressed and you continue to exercise the problem can become chronic and may progress into a stress fracture of the tibia bone.



If you have shin pain you should not ignore the issue. Whilst your pain may feel better when you exercise, the exercise you are doing may be causing further damage.

Initially the most important part of treatment involves applying ice after exercise for 15- 20 mins. You should then consult your physiotherapist for further intervention.

#### How can Physio Help?

Your physiotherapist will be able to establish a correct diagnosis and determine how severe the shin splints are.





**How can Physio help?**

Physios are best suited to determine the causal factors whether they are tight calf muscles, poor biomechanics, poor footwear or poor training methods.

Physio treatment may include a combination of the following:

- ice & anti inflammatory
- activity modification
- taping
- assessment for prescription orthotics
- correction of muscle imbalances
- soft tissue techniques
- dry needling or acupuncture
- advice to help correct other factors such as training loads, running surfaces or footwear choice
- sport specific exercises & functional training to return to sport

The severity of shin splints, compliance with treatment and the demands of your sport will ultimately determine how long your injury takes to successfully rehabilitate.

**At Cherrybrook Physio** our aim is to both prevent a recurrence and improve your sporting performance – we will discuss your goals, time frames and training schedules to optimise a complete return to sport.

The perfect outcome will have you performing at full speed, power, agility and function with the added knowledge that a thorough rehabilitation programme has minimised your chance of future injury

**How can Shin Splints Deteriorate?**

Left untreated and with continued overtraining, shin splints can progress into tibial stress fractures, a more severe & debilitating injury that will require a longer period of rest and treatment. MRI and bone scans may be required for this diagnosis.

Less commonly when conservative treatment fails, or if your muscle sheaths become compressed by engorged muscles - muscle compartment syndrome can develop. Muscle compartment syndrome is a very serious complaint due to increased pressure within the muscle sheath that may require surgical intervention to prevent permanent muscle damage.

So... stop putting up with sore shins...come and see us at **Cherrybrook Physio** so we can help you to finish that race you are training for.....the City to Surf or the next marathon....or just taking the dog for a walk at the beach!  
Call today on **9484 3360..**

**Want A Better Physio Rebate....**

**Do you visit your Physio regularly and feel you should be receiving a better rebate?**

Recent data collected by the Australian Physiotherapy Association APA suggests that rebates from certain major health funds have not significantly increased their physio rebates in over a decade despite their fees increasing regularly.

The APA believes in freedom of choice when selecting a physio to best treat your injury and condition to ensure a speedy return to health.

So when evaluating a health fund consider the following:

- does it meet your needs
- does it provide good rebates for the services you need
- does it offer flexibility to choose your physio

The APA believes health insurers should ideally offer a premium product for physio coverage including the following:

- rebates minimum of 75% of a service provided at market rate for both individual and group consultations
- provide a minimum of 15 services per year with initial consultations as needed for each episode
- pay higher rebates for more experienced and qualified Physios
- allows your choice of Physio without being financially disadvantaged

**So what can you do about it?**

The APA suggests speaking directly with your health fund to raise these issues - go to [www.privatehealth.gov.au](http://www.privatehealth.gov.au) or [www.physiotherapy.asn.au](http://www.physiotherapy.asn.au) for more information.

Ask at reception for the brochure from the APA to help you make a more informed choice regarding Physio rebates.

The APA believes all Australians should have access to quality physiotherapists where & when required to optimise health and well being.

