

Don't let shin splints stop you



If you've ever felt aching or shooting pain up the front of your lower legs after running, it could be shin splints. Though it's usually not serious, it can be painful enough to stop even the most dedicated exerciser.

If you get shin splints, try these tips:

- **Switch to lower impact exercise.** Until the pain goes away, try swimming, biking, or using an elliptical machine, so you put less pressure on your legs.
- **Wear proper shoes.** If you've had the same running shoes for years, it may be time for a new pair. Support wears down over time, causing pain in the feet and legs. Make sure you have enough support under the arch and heel areas.
- **Ice the area.** Apply ice packs for up to 20 minutes at a time, a few times a day, to help with pain.

If the pain doesn't go away, see your doctor. Sometimes shin splints may be a sign of a small bone break or inflammation of tendons in the legs.

Source: American Academy of Orthopedic Surgeons