

MEDIAL TIBIAL STRESS SYNDROME

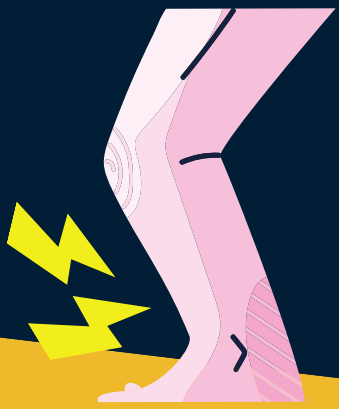
AKA SHIN SPLINTS!

1. What is it?

MTSS is an overuse injury or repetitive-stress injury of the shin area. Usually occurs when the body is unable to heal properly in response to repetitive muscle contractions and tibial strain.



2. Clinical symptoms



- Exercise induced leg pain
- Pain felt along the postero-medial border of the tibia (usually mid or distal third)
- Worse at the beginning of exercise and can slowly subside in milder cases

3. Additional Characteristics

- Usually diffuse pain (>5cm of tenderness)
- Usually no tenderness to anterior tibia
- Associated with biomechanical abnormalities of the lower extremity



4. Risk factors

- Over pronation and navicular drop
- Increased running load
- Previous history of MTSS
- High BMI
- Females



5. Management

- Relative rest / activity modification
- NSAIDs if applicable
- Physiotherapy to improve mobility and strength
- Training load advice
- Consider podiatry input if obvious biomechanical factors



FirstContactPhysio.co.uk

CONTINUED EDUCATION FOR MSK CLINICIANS