



Upper Valley  
Medical Center  
Premier Health Partners

# UVMC Center for Sports Medicine

*Your Home Town Sports Medicine Team*

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## Prevention of Shin Splints

By: Amanda Ingold MS, ATC, LAT

Medial tibial stress syndrome or “shin splints” are all too common when the Spring running season rolls around. However, they are also one of the most treatable and preventable overuse injuries involved in running sports. “Shin splints” is a broad term used to describe a number of ailments that occur in the lower leg. Mild cases of “shin splints” develop from inflammation of the connective tissue that covers and connects the muscles of the lower leg to the bone. In extreme cases the fascia separates from the tibia which is painful and involves a lengthy healing process. The best way to handle shin splints is prevention! Below are four factors to keep in mind to prevent shin splints.

### 1) Running Surface

Regardless of the running surface it is important to increase activity gradually. Give muscles a chance to adjust when switching surfaces (such as rubberized tracks to concrete).

### 2) Biomechanical Issues

Shin splints are common in runners who over pronate (“flat feet”), have tightness in their achilles tendon or calf muscles, or have weak ankle muscles. Strengthening and stretching exercises for ankle and calf muscles will help prevent shin splints.

### 3) Shoes

Proper footwear is imperative to preventing “shin splints”. Running shoes that are worn out and not properly fit increase the risk of injury dramatically. A new pair of shoes should be purchased every 300-350 miles or at the beginning of each season. Training footwear should not be used as everyday shoes. Many running stores have staff that can evaluate the stride and wear patterns of the current shoe to ensure a proper fit.

### 4) Orthotics

Custom foot orthotics are recommended by doctors to athletes with faulty foot mechanics such as “flat feet”. Orthotics realign the foot to a natural, more neutral position to relieve foot and leg stresses. Over the counter inserts may help provide relief to those who have not been prescribed custom foot orthotics.

The throbbing ache in the front of the shin can make participating in sports difficult. If not treated properly, shin splints can develop into more serious injuries. As the Spring season kicks off, keep these factors in mind to ensure there will be less risk of developing this preventable injury. Here’s to happy running!

## UVMC Center for Sports Medicine Summer Sports Enhancement and Injury Reduction Programs

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### EXPLOSIVE SPEED & POWER (ESP) Sports Enhancement Program

- For high school, college and professional athletes.
- Features the same type of off-season workouts used by elite Division I programs, utilizing Olympic lifts and core body strengthening techniques to improve power and strength.
- Proper running mechanics/ground based speed drills, plyometric jumping techniques and flexibility exercises are practiced to improve speed, agility, vertical jump and flexibility.

### EXPLOSIVE SPEED & POWER JR. (ESP Jr.) Sports Enhancement Program

- For 7th and 8th graders.
- Utilizes age-appropriate strengthening activities and emphasizes education on proper form and techniques as well as injury prevention.
- Proper running mechanics/ground based speed drills, plyometric jumping techniques and flexibility exercises are practiced to improve speed, agility, vertical jump and flexibility.

### SPORTSMETRICS™ Knee Injury Reduction Program

- Comprehensive training program specially designed for female athletes.
- Scientifically proven to reduce knee injuries and improve performance for sports that involve pivoting, cutting or jumping, such as soccer, basketball and volleyball.
- Combines dynamic warm-up with plyometric drills, strength training and flexibility exercises.

For more program information or to register, call 667-2614 or 440-7152.  
Program information and registration forms available online at [www.UVMC.com/sportsmedicine](http://www.UVMC.com/sportsmedicine)



## Upper Valley Medical Center Premier Health Partners Center for Sports Medicine

### TEAM OF THE MONTH

The UVMC Center for Sports Medicine would like to congratulate the following teams from the area for their outstanding achievements and selection as Team of the Month this winter:

#### December: Miami East Girls' Volleyball Team

The Lady Vikings Volleyball Team was recognized for their successful 2012 season as the team won back to back state titles. They were the highest ranked school from Ohio in all divisions by Prepvolleyball.com, which ranked the team at number 22. "The hard work and effort have paid off for the ladies and they continue to work hard for they community, school, teammates and themselves," said Head Coach John Cash. "The ladies helped raise more money this year for the Susan G. Komen Foundation, which has been a staple for the program."

#### January: Tippecanoe Boys' Bowling Team

The Red Devils Boys' Bowling Team was recognized for their outstanding season as the team finished with an overall record of 18-5 and a conference record of 12-4 giving the team a 3rd place finish in the CBC. The team also set new team records for a season with 18 overall wins and 12 conference wins. They also set school records in a Team High Series with 2159 and a Team High Total with 2928. Ryan Ritzenhouse set an individual school record with an Individual 2 Game Series of 538 (shot 276-268).

#### February: Piqua Competition Cheer Squad

The members of the Piqua Competition Cheer Squad were recognized for their hard work and dedication in preparation for its successful competition season. This group of girls accomplished what no other Piqua Cheer Squad has by winning 1st place in the GWOC North Cheer Competition on December 1, 2012. On February 3, 2013 they went to Springboro to compete in the Regional Cheer Competition where they received a qualifying bid to compete in the State Cheer Competition on March 3, 2013 making them the first and only Piqua Cheer Squad to go to state.