

Shin Splints Treatment Worksheet

Name: _____ Joshua Connors _____ Age: _____ 45 _____

Contact number: _____ 890-2546 _____ Date: _____ May 12, 2018 _____

Symptoms checklist

- Pain along the inner part of the lower leg
- Tenderness or soreness along the inner part of the lower leg
- Mild swelling in the lower leg
- Pain during exercise
- Pain that decreases with rest
- Pain that worsens with activity

Treatment plan

For immediate relief:

- Rest: Avoid activities that cause pain. Allow time for the inflammation to reduce.
- Ice therapy: Apply ice packs to the shin for 15-20 minutes, several times a day, to reduce swelling and pain.
- Compression: Use a compression bandage to support the shin and reduce swelling.
- Elevation: Elevate your leg to help decrease swelling.

For pain management:

Ibuprofen or aspirin to reduce pain and inflammation.

Recommended exercises

Exercise	Instructions	Duration	Notes
Calf stretch	Stand facing a wall with one foot forward and one foot back. Keep the back leg straight and heel on the ground. Lean into the wall until you feel a stretch in the calf.	Repeat for 5 times, twice a day	
Toe stretch	Stand with feet flat on the ground. Raise the toes and hold for a few seconds, then lower them. Repeat 10-15 times	Repeat 10-15 times, twice a day	

Additional recommendations and notes

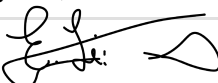
Begin with low-impact exercises like swimming or cycling that do not put excessive strain on the shins.

Slowly increase the intensity and duration of your activities, ensuring you do not experience pain.

Use shoes that provide good support and cushioning

Healthcare provider information

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Signature: 

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