

Top 5 Running Injuries: Shin Splints

Shin splints are another one of those overuse injuries that plague runners and people who maintain a dynamic walking program. The discomfort of shin splints is caused by inflammation of the anterior tibial tendon located in the outer part of the front of the leg.

The actual area of pain is usually quite small. In the early stages the pain may only be a dull ache, but if overuse continues the pain can increase and may become so intense that you might choose to give up your activity. The pain may come and go during the workout, disappearing then reappearing at the end of exercise.

Like many of the injuries associated with overuse, shin splints seem to be caused by sudden increases in frequency, duration and intensity of workouts. This type of muscle use is generally typified by the motion of pivoting the foot toward the lower leg. Pain can increase if the athlete has a greater likelihood of rolling the foot inward on the arch, which places added stress on the ankles as well.

Diagnosis of shin splints occurs with careful examination by Dr. Gauntt to determine the exact location of pain. X-rays or an MRI may be indicated to rule out a possible stress fracture.

There used to be two recommended treatment options of shin splints, neither of which met with great success. Both the "total rest" (unacceptable to most athletes) and the "run through it" approach (which led to worsening of the injury and increased pain) have given way to a more practical course of treatment called **relative rest**. The objective of the technique is to allow the athlete to return to pre-activity by reducing and changing the workout to maintain fitness, but eliminating the aggravating factors. This might include:

- 50% reduction inactivity both distance and intensity
- Changing the activity to include bicycling and pool running
- Gradual return and increase to pre injury activity over 3-6 weeks
- Change running or walking surface to level and soft terrain. Try out trails!
- NSAIDS and ice or cold packs to reduce inflammation as possible.
- Carefully selected shoes and possibly orthotics
- Strengthening and stretching exercises

The severity of the injury is going to determine the exact course of the treatment Dr. Gauntt develops for you. Don't rush your recovery. More often than not it will set you back and prolong recuperation.

If you have symptoms of shin splints, contact our offices. Don't ignore the injury. Dr. Gauntt can evaluate your injury and with your cooperation get you back in peak form.

Monthly Special



Biofreeze

\$10.00

Reg. \$13.00

*A wonderful topical
pain reliever*

Our Offices

Hillsboro Center:
200 NE 4th Ave
Hillsboro, Oregon
503-648-1713

Newberg Center:
410 Villa Road
Newberg, Oregon
503-538-0466

“Flip–Flops Gone Wild!”

Summer is officially here, and it’s that time of year again: With the warm weather comes an increase in tendinitis, stress fractures, and other injuries related to summer footwear. As many podiatrists can attest, poorly designed flip–flops and sandals can often be a cause of debilitating foot problems. Educate yourself by viewing APMA’s newest YouTube video, “Flip-Flops Gone Wild!”



Click on the video to watch it.

Cornell Surgery Center–

One of three hospitals Dr. Gauntt is on staff to help you with corrective foot surgery. Cornell Surgery Center is a committed team of highly–skilled surgeons, nurses and staff each dedicated to our craft and the personal care of our patients. At Cornell Surgery Center, nothing is of greater importance than the relationship we share with you – our patient.

March 27, 2012

Dear Dr. Gauntt,

I wanted to tell you and your team (Adam, Rob, Mia, and Mary) how much I appreciated my care on Friday, March 23. Everyone was professional, friendly and kind. You have surrounded yourself with quality healthcare professionals, and I thank you for that.

Best regards,

Donna J.

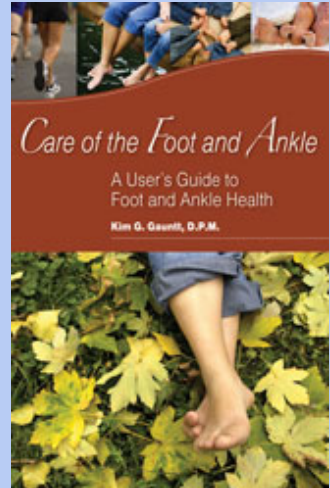


Now Available!!

A free book is now available through our website.

Check it out at:

www.OregonFootCare.com



Our book titled “Care of the Foot and Ankle”, written by Dr. Gauntt, is full of information on foot and ankle conditions for you to use and share with friends and family.

Recipe Corner

Fast and easy dip great for dipping all of those wonderful summer fruits! Absolutely fabulous with pineapple, bananas, strawberries, and apples!



1 8oz. package cream cheese, softened

1 7oz. jar of marshmallow cream

1t. lemon juice

Blend all ingredients until light and fluffy, enjoy!

“So here’s to all those summer nights when my feet hit the sand and the waves break my fall and all my friends around me out number the stars.”

~Unknown

Enjoy your summer!



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