



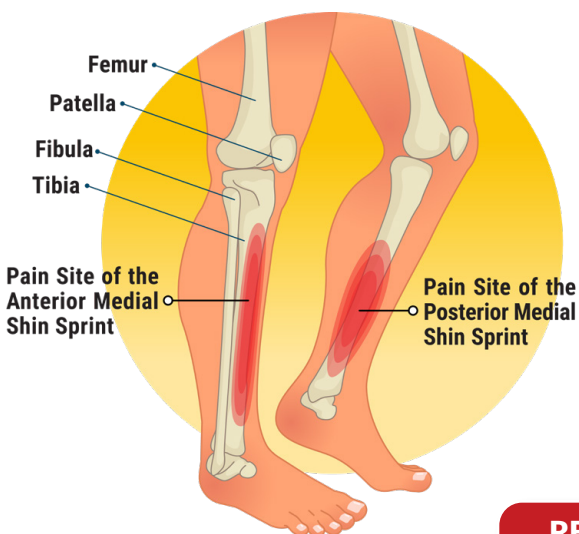
BPT
NO DOCTOR REFERRAL
NECESSARY TO SEEK
PHYSICAL THERAPY
DETAILS INSIDE

ARE SHIN SPLINTS GETTING IN THE WAY OF YOUR RUNNER'S HIGH?

REQUEST AN APPOINTMENT

Do your shins throb after your daily jogs? You may be experiencing shin splints. At Breckenridge Physical Therapy, our physical therapists can help your shin splints whether or not you're a runner. We offer the most advanced rehabilitation strategies to get you relief and eliminate re-injury.

Shin splints, also known as medial tibial stress syndrome, occur when excessive stress is on your shinbone and the surrounding tissues. These tissues become irritated, inflamed, and painful.



Research indicates that around 15% of runners experience shin splints and they are the most common injury for new runners. Shin splints can present themselves in anyone whose lifestyle includes substantial physical demand or after a significant increase in their activity level.

Shin splints can be painful and debilitating in your daily life, but physical therapy can help alleviate the pain and correct the condition.

Common Causes of Shin Splints

Shin splints are most common with athletes but can occur with anyone who makes training errors, like overloading or running too fast for their ability and training capacity. Often the injury is related to changes in the training, as an increase in distance, intensity, and duration.

There are other causes of shin splints, including:

Previous injury: If you have had a foot, leg, or shin injury in the past, your risk of shin splints is higher.

Body mass: A BMI greater than 20 makes you more susceptible to developing shin splints.

Improper footwear: Wearing ill-fitted shoes or a previous history of wearing orthotics can increase your risk of shin splints.

Inexperienced runners: Training mistakes made by novice runners include running too far, too fast, and not resting appropriately.

Lack of warm-up: Completing a workout without a warm-up can irritate your calf muscles, increasing your risk of shin splints.

Overpronation: Excessive flattening of the arches while standing, walking, or running increases the risk of shin splints.

The best treatment for shin splints is prevention. Our physical therapists will screen you to identify your risk factors and provide guidance on how to resolve your pain and/or prevent shin splints altogether.

REQUEST AN APPOINTMENT

HOW PHYSICAL THERAPY CAN HELP SHIN SPLINTS

As noted above, the causes of shin splints are vast, but your physical therapist can help you figure out the root of the problem. They will complete an extensive evaluation process noting your painful areas and testing the abilities of your current physical motions.

Our treatments may include anything involving stretching, flexibility, gait, mobility, and range of motion. From there, your physical therapist will create a treatment plan based on your needs.

Treatment plans for a specified shin splint condition may include, but are not limited to:

- **Manual therapy.** Hands-on massage of the painful area and its surrounding areas to ease stress off of the injured tissue.
- **Exercise.** These exercises can serve several functions, including strengthening, improving range of motion, and decreasing stress on the lower leg.
- **Modify mechanics.** Sometimes, shin splints can result from poor gait mechanics or jumping and landing strategies. Your physical therapist may work with you to modify your take-off/landing techniques or how you control your foot, knee, and hip while walking or running.
- **Taping.** Your physical therapist may suggest Kinesio-taping the affected area to promote healing and support the affected muscles.
- **Footwear suggestions.** Your physical therapist may provide you with advice to help speed up your shin splint recovery and decrease your risk in the future.
- **Rest.** Your physical therapist may suggest taking a short break from the activity that caused or aggravated your pain. You will continue exercising, but avoid things that irritate your shin splints until you are healed.

Contact Our Office Today

At Breckenridge Physical Therapy, we are dedicated to assisting you in your healing journey and making it as comfortable for you as possible.

If you believe you may be suffering from shin splints, contact us today. We will help you get back on your feet in no time!

REQUEST AN APPOINTMENT



Give This Coupon To A Friend Or Loved One!

BRECKENRIDGE  PHYSICAL THERAPY

Refer a Friend!

To _____

From _____

Do you know anyone that needs our help?

- ✓ Move without pain
- ✓ Sit for long periods comfortably
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live an active & healthy life

Call us at 970.364.6601 or visit breckenridgephysicaltherapy.com

Exercise Essentials

This stretch can help to loosen up the tightness.

PASSIVE ANTERIOR TIBIALIS STRETCH AGAINST WALL

Start by standing in front of a wall. Place the front of your foot up against the wall. Lift your heel and move your leg forward until the front of your lower leg and top of your foot are flat against the wall. You should feel the stretch in the front of your lower leg. Hold for 30 seconds.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

No Doctor Referral Necessary To Seek Physical Therapy

Whether you want to come in for a check-up, suffered a recent injury or if you want to improve your health, a doctor's referral is not needed. In the state of Colorado, you have direct access to physical therapy!



Call Breckenridge Physical Therapy at 970.364.6601, or visit our website at breckenridgephysicaltherapy.com to schedule your appointment today!



WHY DOES MY ANKLE/FOOT HURT?

Did you know that all 26 bones in your ankle and foot have to work together for normal and efficient function? Ankle and foot regions are subject to constant stress and hazards ranging from the effects of walking, running, ill-fitting shoes, long-term standing to traumatized sports injuries. The most commonly reported injuries are ankle sprain, plantar fasciitis, heel spur, shin splints and metatarsalgia. These can be painful and make walking difficult. Physical therapy is an effective treatment for these conditions by using stretches and manual therapy to restore mobility to the foot.

Contact Our Office Today

1. We identify the core cause of your problem
2. We create a Personalized Action Plan
3. We use revolutionary and innovative technology
4. Start seeing immediate results
5. Excellent patient education
6. We coordinate with your doctor
7. We motivate you throughout your program of care



REQUEST AN APPOINTMENT



Patient Success Stories

“After only a few weeks, our son is pain-free and hopeful that he’ll have a normal life for the first time in years.”

“Thorough, detailed, kind and compassionate. After years of chronic pain and poor care with no follow-through from Avalanche PT, we called Breck PT on a Monday morning. Tori listened intently to our experiences, test results and questions. She recommended we work with Alex and got us in for an appointment that afternoon. Alex met with us immediately then began a detailed plan, with an App to follow along with at home. After only a few weeks, our son is pain-free and hopeful that he’ll have a normal life for the first time in years. Alex listens, adjusts as needed and is passionate about healing. We’re deeply grateful to both Tori and Alex. Highly recommend Breck PT.” —Amy P



THE DETOXIFIER JUICE

INGREDIENTS

- 3 med-lg Beets
- 6 Carrots

- 2 medium Apples
- 1/2 Lemon
- 1-2 inch Gingers

DIRECTIONS Wash, prep, and chop produce. Add produce to juicer one at a time. Serve cold over ice. May store in tightly sealed jars or glasses in the refrigerator for 7-10 days. Shake or stir well before drinking.

Source: <https://www.modernhoney.com/healthy-juice-cleanse-recipes/>

Sudoku

			9			2	
4			2	7	6		
		3	6				8
7						1	4
3			4				5
	4	9					3
	5			2	3		
		1	4	8			6
	6		1				

1sudoku.com

Level Hard



WANT TO IMPROVE YOUR SPORTS PERFORMANCE THIS FALL? GET STARTED NOW!

COME BACK TO PT!

Contact Breckenridge Physical Therapy today and start living pain-free again!

970.364.6601