



LEAPS & BOUNDS
PERFORMANCE REHABILITATION

NEWSLETTER

PERFORM BETTER, RECOVER FASTER, STAY IN THE GAME

AUGUST 2023

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



INSIDE:

- Are Shin Splints Getting In The Way of Your Runner's High?
- 6 Nutrition Tips for A Healthy Summer





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



Do your shins throb after your daily walks or runs? If so, you may be experiencing shin splints. At Leaps & Bounds Performance Rehabilitation, our skilled therapists offer the most up-to-date rehabilitation strategies to get you pain relief and prevent re-injury.

Shin splints, also known as medial tibial stress syndrome, occur when excessive stress is placed on your shinbone and the surrounding tissues.

These tissues become irritated, inflamed, and painful. Research indicates that around 15% of runners experience shin splints, most common when someone is new to running.

But shin splints can present themselves in anyone whose activity level suddenly exceeds the demands of what their lower extremity bones and soft tissues can handle. They can be a painful and debilitating condition that is affecting your daily life.

But the good news is that physical therapy can help. Call our office today and book a session with one of our skilled practitioners. They will help you calm those shin splint symptoms right down and get you back on the path of doing the activities that you love.

COMMON CAUSES OF SHIN SPLINTS

Shin splints are most commonly seen in athletes. Often the injury is related to changes in the training regimen, such as an increase in distance, intensity, and duration that may be brought about too suddenly for the athlete to adapt. But they can occur with anyone who just does a little more activity than they can handle at a particular moment in time.

There are other causes of shin splints, including:

- Running on uneven surfaces.
- People who walk extreme distances.
- High-impact sports, or dancing.
- Flat feet, or conversely, high arches. In these situations, your muscles and bones may not absorb or distribute force from impact and loading activities as well.
- People who wear unsupportive shoes when exercising.
- Anyone with underlying vitamin D deficiency, an eating disorder, or loss of normal menses (periods).
- People with osteopenia or osteoporosis who may already have weaker bones.

Contact Us For Your Appointment Today! (905) 847-5227 • info@leapsandbounds.ca •   



HOW PHYSICAL THERAPY CAN HELP

As noted above, the causes of shin splints are vast, but your skilled therapist can help you figure out the root cause of the problem. They will complete an extensive evaluation process noting your painful areas and performing a comprehensive physical examination.

A program of care will then be tailored to your needs, with treatments that may include anything from stretching and flexibility, mobility, range of motion, strength, and perhaps even a walking or running assessment.

Treatment plans for shin splints may include, but are not limited to: PEACE & LOVE.

1. Protect the area by reducing (or eliminating altogether) the load on the area, especially that activity that is particularly painful.
2. Elevate the limb in acute cases.
3. Avoid ice and anti-inflammatory medication as they are not conducive to healing (even though they reduce pain and swelling, they also minimize oxygen and nutrient delivery to the area).
4. Compression of the area through tensor wraps, stockings, or taping.
5. Early mobilization and education about reliance on passive modalities (they do not fix the problem, but may create a window of opportunity for exercise and activity interventions to help).
6. Load gradually once pain presents less inflammatory and more mechanically.
7. Optimism, or stay optimistic. It does get better.
8. Vascularize, or get to cardio activities like cycling or swimming, that don't excessively load the area
9. Exercise to increase range of motion, strength, and proprioception.



Things like altering body mechanics or changing footwear/orthotics fall under protection, as they help to avoid the same load that the injury was caused by.

CONTACT OUR OFFICE TODAY

At Leaps & Bounds Performance Rehabilitation, 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, give us a call today. We will help you get back on your feet in no time!

Sources: http://medrehab.sbm.u.ac.ir/article_1101036_en.html • https://link.springer.com/chapter/10.1007/978-3-030-60216-1_18 • https://www.researchgate.net/profile/Shaji_Kachanathu/publication/320685151_Functional_outcomes_of_kinesio_taping_versus_standard_orthotics_in_the_management_of_shin_splint/links/5c16df2e92851c39ebf0e7f8/Functional-outcomes-of-kinesio-taping-versus-standard-orthotics-in-the-management-of-shin-splint.pdf



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Stop Living With Pain— We Can Help! Call Us Today!
(905) 847-5227!

**HELP US HELP
OUR COMMUNITY!**

This month we will be raising money for [2023 Canada Wildfire Fund!](#) We will donate \$10 for every Google review we receive!

CLICK HERE

DO GOOD — LEAVE US A REVIEW TODAY!



**CANADIAN
RED CROSS**

The Canada Wildfire Fund will support pan-Canadian relief, recovery and risk reduction activities in response to the 2023 wildfire season. It has been created to support equity of assistance across Canada and address needs and gaps. Activities can include mitigation and climate adaptation to reduce future risks.



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6 NUTRITION TIPS FOR A HEALTHY SUMMER

Are you aware of the true importance of nutrition? Your diet affects many aspects of your well-being including your immune system, bone health, muscle function, inflammation, and pain. Conditions including heart disease and diabetes are also impacted by dietary intake in both development as well as management.

As summer approaches, it can be difficult to keep good nutrition at the forefront of your mind, especially with barbeques and cookouts popping up everywhere you look!

If you need some help maintaining a healthy diet this season, take a look at these 6 nutrition tips:

1. SWAP OUT SNACKS FOR FRUITS AND VEGETABLES

Every day, it is recommended that you consume at least 5 portions of a variety of fruits and vegetables. If this sounds challenging, remember that fresh, frozen, canned, dried, or even juiced fruits and veggies are all options.

2. REPLACE STEAK WITH FISH

Fish is a great source of protein and contains many vitamins and minerals. You should try to incorporate at least 2 servings of fish in your diet every week.

3. CUT DOWN ON SUGARY DRINKS

With the hot weather, it can be almost instinctive to reach for a cold soda out of the cooler. However, drinks high in sugar content can contribute to obesity and tooth decay. Try opting for a cool refreshing glass of water instead, or a tasty fruit smoothie!

4. LESSEN YOUR SATURATED FAT INTAKE

Did you know that too much saturated fat can raise your blood cholesterol levels, increasing your risk of developing heart disease? Examples of food rich in saturated fat include:

- fatty cuts of meat
- sausages
- butter
- hard cheeses
- cream
- cakes
- biscuits

5. MAKE SURE YOU'RE DRINKING ENOUGH WATER

Proper hydration is always important, but it becomes even more so during those hot summer months. It's recommended that you drink around 6 to 8 glasses of water a day.

6. DON'T FORGET BREAKFAST

A healthy breakfast should be a part of your daily routine. Eating breakfast sets the tone for your day and gives you the energy you need to make it to lunch! We hope these tips will help you navigate this season and prioritize your health this summer!



PATIENT SUCCESS



"I broke my ankle playing soccer five months ago. Having an active lifestyle and career meant that everything in my life came to a halt. I was eager to recover as soon as possible and began physio with Pat four months ago. We started with non-weight bearing movements, to standing, then onto compound movements and building capacity for impact. At Leaps and Bounds, I felt supported along every step of my journey. Pat's communication, support, and treatment strategies were always geared toward how I was progressing in my recovery. And my most recent recovery win: completing a 5km race, five months after breaking my ankle!" — Kristina S.



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