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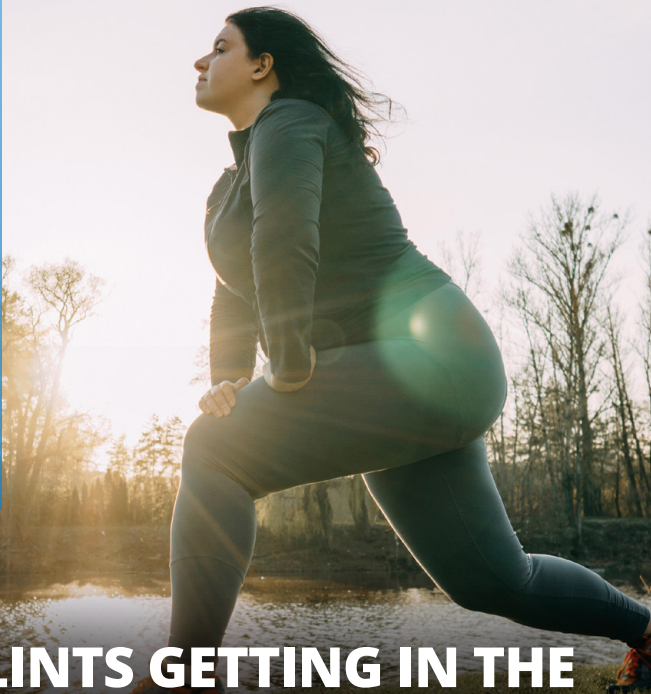
**Georgian Bay
Location**



**Stayner
Location**



**Wasaga
Location**



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

Georgian Bay Location

1 First Street Unit 102 M 8:00a - 8:00p
Collingwood ON T 8:30a - 8:00p
L9Y 1A1 W 8:00a - 8:00p
Phone: 705-446-2551 Th 8:00a - 8:00p
Fax: 705-446-1897 F 8:30a - 4:00p

Stayner Location

7460 County Road 91 M 8:00a - 3:30p
Unit 3 T 8:30a - 5:00p
Stayner, ON L0M 1S0 W 2:00p - 7:00p
Phone: 705-446-2551 Th 8:00a - 8:00p
Fax: 705-517-0076 F 8:00a - 12:00p

Wasaga Location

102 - 14 Ramblewood M 10:00a - 3:00p
Drive, Wasaga Beach, T 8:00a - 3:00p
ON L9Z 0C4 W 8:00a - 3:00p
Phone: 705-446-2551 Th 10:00a - 3:00p
Fax: 705-446-1897 F 10:00a - 3:00p

Hours subject to change due to COVID-19. Please call in advance.

INSIDE: Are Shin Splints Getting In The Way of Your Runner's High?
7 Tips To Become A Better Hiker · Healthy Recipe



Are Shin Splints Getting In The Way of Your Runner's High?

Do your shins throb after your daily jogs? You may be experiencing shin splints. At Peak To Shore Physiotherapy, our physiotherapists 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 physiotherapy can help alleviate the pain and correct the condition.

Call our office today and speak with someone about how physiotherapy can help fix your shin splints!



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 physiotherapists will screen you to identify your risk factors and provide guidance on how to resolve your pain and/or prevent shin splints altogether.

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.



Schedule Your Next Appointment Today!

Scan the QR Code to visit our website at peaktoshorephysiotherapy.com

Let's Get Social!



We stay active on Facebook to provide you important updates, what's happening around our clinic, free workshops, patient success stories, and more!
Don't miss out - follow us today!

 **@PeaktoShore**



Patient Review

"They are wonderful people take time with you and really work hard to get you better, stronger, and back to yourself."

"I have been coming to Peak to Shore Physiotherapy clinic for years. I have nothing but positive things to say about the staff there. From the physiotherapist to the massage therapist to all the doctors there and all the staff. They are wonderful people take time with you and really work hard to get you better, stronger, and back to yourself. I'm always greeted by a smile from all the staff. Julie, the manager of the clinic, is super great and knows her stuff. I would definitely recommend going there." - S.L.

How Physiotherapy Can Help

As noted above, the causes of shin splints are vast, but your physiotherapist 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 physiotherapist 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 physiotherapist 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 physiotherapist may suggest Kinesio-taping the affected area to promote healing and support the affected muscles.
- **Footwear suggestions.** Your physiotherapist may provide you with advice to help speed up your shin splint recovery and decrease your risk in the future.
- **Rest.** Your physiotherapist 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 Peak To Shore Physiotherapy, 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

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https://www.researchgate.net/profile/Shaji_Kachanathu/publication/320685151_Functional_outcomes_of_kinesio_taping_versus_standard_orthotics_in_the_management_of_shin_splint/links/5c160f2e92851c39ebf0e7f6/Functional-outcomes-of-kinesio-taping-versus-standard-orthotics-in-the-management-of-shin-splint.pdf

Exercise Essential



ANKLE ALPHABET

Sit in a chair with good posture. Rest the edge of your heel (of the affected leg/foot) on the floor as shown. Write the letters of the alphabet from A to Z with your big toe.

Did You Know?

We Also Specialize In:

- Physiotherapy
- Therapeutic Exercise
- Acupuncture
- Taping & Bracing
- Manual Therapy
- Sports Medicine
- Chiropractic Care
- Athletic Therapy
- Massage Therapy
- Strengthening & Conditioning
- Concussion Therapy



Healthy Recipe *Protein PB&J Smoothie Bowl*

- 1/4 cup almond, oat or milk of your choice
- 2/3 cup frozen blueberries
- 2/3 cup sliced strawberries, frozen
- 1 scoop vanilla protein powder
- 1 tbsp peanut butter
- Optional toppings: 1 tablespoon melted peanut butter for drizzling, blueberries, chia seeds

Place your milk into the blender. Add frozen fruit, protein powder and 1 tablespoon peanut butter. Seal and blend until smooth. Pour out into a bowl. If using, melt the remaining peanut butter in the microwave 30 to 45 seconds and drizzle over the bowl. Add desired toppings. Eat right away with a spoon!

<https://www.skinnytaste.com/protein-pb-j-smoothie-bowl/>

7 Tips To Become A Better Hiker



1. Just Do It!

Each hike will make you better, so by simply getting out and doing it you will improve with every trip! You will learn how your body works, what trails are right for you, and what kind of gear best complements your hikes.

2. Take Time To Enjoy The View.

Hiking is all about being active but don't rush through your journey without stopping to take it all in! Nature is a truly magical thing; it can relieve stress, calm the noise in one's mind, and remind us all of the infinite beauty of the outdoors.

3. Don't Push Yourself Past Your Limits.

Challenging yourself is great but when it comes to hiking slow and steady wins the race. The outdoors (especially when alone) are not the place to test your athleticism. Train ahead of time if you are attempting a challenging trail and make sure to hydrate before, during and after your trip. Exercises like yoga will help you with coordination, balance and strength, while cardio training will improve your endurance.

4. Don't Dress To Impress.

Hiking is not the time to be a fashionista. Good shoes/boots are a must. Dress for changeable weather, in layers.

5. Keep The Trails Clean.

Bring out everything you bring in. Think of those that came before you as well as those that will come after you. Bring ziplock bags to store your trash and pick up trash thoughtlessly left by others.

6. Get An Early Start And Plan Your Time Wisely.

When it comes to hiking, you never really know what could happen. A trail could be blocked off or weather could influence the accessibility of a certain area. By starting your trek early, you will ensure that you reach your goal by a reasonable hour and get back to the bottom before nightfall. Having a plan will make your hike safe and enjoyable.

7. Learn To Hike Without Electronics.

Technology is an awesome thing, but we should not rely on it exclusively. Losing service, a dead battery, or an accidental break may leave you helpless and literally lost. Learning how to use compasses, maps, and trail markers will give you resources that are always reliable.

Source: <https://www.adirondack.net/whatsnew/2014/05/tips-to-become-a-better-hiker/>

Did You Know?

We Can Also Treat:

- Arthritis
- Hip Injuries
- Knee/Ankle Injuries

- Muscle/Tendon Injuries
- Shoulder/Elbow Injuries
- Sports Injuries

- Sprains
- Vertigo
- And more!