



Breakthrough Podiatry

A revolution in foot care

Newsletter November 2007

Shin Splints! Sarah, a 21-year-old college basketball player presented to Breakthrough Podiatry with her athletic trainer complaining that she was having problems with her shins. She states, "I have pain on the inside of my shins immediately when I start to run in practice. It will then get better for a while and then get bad when practice ends. I'm on scholarship and need to play! What can we do?"

Sarah's pain is caused by a problem called shin splints or medial Tibial stress syndrome, MTSS. MTSS is sometimes caused by overuse of the anterior Tibial tendon, often seen in runners or walkers just starting an exercise program. MTSS is more often caused by overuse of the posterior Tibial tendon as it tries to keep the foot from pronating or abducting, turning out, during single limb stance. Over time, repeated stress can cause inflammation of the fascia that inserts into the medial tibia. If the problem is not addressed early on, it can occasionally advance to become a stress fracture.

Fortunately for Sarah, and other Breakthrough Podiatry patients, Dr. Williams was able to offer almost immediate relief from the pain of this disorder. Utilizing manipulation techniques and simple taping and padding Dr. Williams was able to return stability and normal motion to the foot and leg. Follow-up visits utilizing custom foot orthoses and proper motion controlling basketball shoes were able to get Sarah back into form and able to complete her season!

Physicians and patients can combat chronic foot and leg related conditions by being aware of the most common symptoms and then referring them to Breakthrough Podiatry, where patients will benefit from the latest ground-breaking treatment methods to obtain exceptional outcomes.



Shin Splints / Medial Tibial Stress Syndrome

- 1) Pain at the front middle 1/3rd of the shin (tibia)**
- 2) Discomfort at the start of running and after running**

Innovative Treatment Options!

- 1) Technologically advanced custom foot orthotics**
- 2) Recommendations on motion controlling athletic shoes**

Lead by Bruce Williams, Doctor of Podiatric Medicine, Breakthrough Podiatry challenges convention to deliver outstanding results, reduce failed podiatric therapies, and improve foot health. The majority of Breakthrough Podiatry patients overcome pain in 5 treatment visits or less.

www.Breakthroughpodiatry.com

**Dr. Bruce
Williams
specializes in**

Shin Splints

**Medial Tibial
Stress Syndrome**

**and other
podiatric
disorders.**

**Valparaiso
&
Merrillville**

**(219)
769-0977**

**(219)
462-7881**

Monday-Friday