

Shin Pain (Tibial Stress Syndrome)

Shin Pain referred to as Shin Splints, is a common term for pain occurring in the front and/or inside section of the thin bone, (Tibia). Anterior (front) shin splints is often experienced by new runners or walkers when pain occurs in the muscles at the front of the shin during exercise.

Posterior shin splints (inside shin pain) is more chronic condition occurring along the inside edge of the shin bone (tibia) and generally occurs with more active sports. Both conditions are related to excess stretching (traction) of muscles and tendons along the shin (tibia and fibula) bones.



Orthotics reduce excess stretching (traction) of the front and leg muscles (commonly called Anterior Tibialis and Posterior Tibialis muscles) by utilising the patented angular restraining mechanism in the heel section. Thereby relieving this common pain.