**How To Get Rid Of Shin Splints FOREVER In 3 Simple Steps!**

By Gary Buchenic

Let’s set the record straight once and for all... Getting rid of shin splints isn’t always easy, but it can be quick if you do a few simple things right.

If you think this article is just going to be about icing techniques or new shoes or anything remotely close to the generic shin splints treatment advice you read about every else, then you’re in for a shock.

Pain relief techniques like icing are an important part of this three step process, but they’re not the only part and in this article I’m going to show the “broad strokes” of what it really takes to get rid of shin splints once and for all.

Let’s get into it...

**Step 1: Find Out What’s Causing Your Shin Splints**

Yes, most people who ask me how they can get rid of shin splints splints have a problem. They have no idea what’s causing them in the first place! The truth is shin splints is a “gutter term” that refers to pain along the shinbone or tibia, but this pain can be caused by a multitude of different pathologies and conditions, and it’s downright insane to start following some generic treatment program if you have no idea what’s actually causing your shin splints.

So what exactly is causing your shin splints? I’m glad you asked...

1. **Overload:** Simply put this means exercising too much, too soon or with too much intensity, exercising on hard or uneven surfaces can also cause overload.
2. **Biomechanical Imbalances:** There are three main biomechanical imbalances that shin splint sufferer commonly have... weak calves, weak or inactive glutes and flat feet
3. **Poor Running Form:** do you have bad running form? If you’re like most people with shin splints chances are you do, and it’s keeping you in pain!
4. **Poor Running Shoes:** Finding the perfect pair of shoes for your feet can be as hard as finding the perfect life partner. A good tip is to visit a specialty running store with a worn pair of shoes, the people that work there can tell a LOT about your foot type from looking at the wear pattern on a used shoe - and they’ll be able to use this information to match you with a great shoe that suits your specific foot type.

Think about it this way; even if you ice your shins religiously, take painkillers every time you’re active and rest for days on end... if you’ve got bad running form, poor or inappropriate running shoes or one or more of the biomechanical imbalances, you’re shin splints are practically guaranteed to come back with a vengeance!

Unless you find out what’s actually causing them, and treat that directly!

**Step 2: Treat The Pain**

Now that you’ve identified what’s causing your pain it’s time to treat it. Rest, ice and painkillers are great for doing this. (But you already knew that anyway)

Just do your body a favour and don’t take painkillers for any more than 2 weeks, and preferably no more then 3 days. Painkillers like Advil and Ibuprofen are classed as non steroidal anti-inflammatory drugs (NSAID’S) and long-term use of them has been linked with everything from digestive problems to stroke. If you have long term pain and want a good alternative Google a product called “Heal-n-Soothe” which is a safe and natural alternative that I highly recommend.

**3. Treat The Underlying Causes Of Your Pain**

It should go without saying that after you’ve identified what’s causing your pain, you’ll take action to correct those underlying causes. For example, if you identify that you have worn out running shoes and inflexible calves you’ll stretch you’re calves and get a good pair of shoes that match your foot type.

If you realize that you’ve been increasing you’re training volume very quickly and that you’ve got flat feet or collapsed arches... then you’ll step back you’re training volume and go and get appropriate shoes with good arch support and shoe inserts.

There you have it. Now you know the proper way to get rid of shin splints - all you need to do is follow these three simple steps and your pain will disappear.

Author Bio:

Gary Buchenic is a personal trainer who specializes in helping people treat and prevent shin splints. To learn more about his shin splints treatment methods check out his website at:

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