**How To Get Rid Of Shin Splints Permanently**

I’d like to tell you a story that you might find strangely familiar. Don’t be alarmed.

Once upon a time, there was a man who had horrible shin splints.

He rested them, and iced them… and did all the “right” things to get rid of his shin splints, and low and behold...

His pain went away, but there was one problem…

Even though his pain went away, it also came back as soon as he got active again.

Why?

After all, he was doing everything his doctor’s and coaches were telling him to do.

He was tired of shin splints holding him back from performing at his peak and keeping him in pain… but nothing he tried gave him anything more than temporary relief.

**Something was wrong with the picture**

The pain seemed to get worse as the weeks and months went by.

This frustrated the man more.

Did it mean that his shins were just screwed up, and he had to learn to deal with it?

Did it mean that he should just get used to “pushing through the pain”?

Did it mean that he had to spend a small fortune on custom orthotics to fix his problem?

He had to do something… so he iced his shins regularly, got new shoes… and bought those overpriced orthotics.

**And then the unthinkable happened…**

His shin splints came back once again.

Over the following months, the man kept trying to get lasting relief by following all the “conventional” treatment advice he’d heard in the past… and what happened?

THE SAME THING THAT HAPPENED EVERY TIME.

More pain and frustration.

OK, I’m back.

Enthralling, huh?

Maybe I should keep my day job, and not take up writing novels…

**I’m going to go out on a limb and say that this is a story that you can RELATE to.**

Why?

Because if you’re like most shin splint sufferers then you’ve been there in one way or another… and many of us have been there for a LONG time.

Thankfully, there is a solution to this particular situation, and it lies in understanding a secret that most shin splint sufferers DON’T KNOW.

**The secret is that most shin splint treatments – such as rest, ice and anti-inflammatories simply treat the SYMPTOMS of shin splints.**

In other words, they DON’T fix the problem, they cover-up the problem, and most of the time they make things WORSE, because they’ll relieve your pain, allowing you to get back to the activity that aggravated you’re shins in the first place, which can cause MORE damage to the delicate tendons and ligaments in your feet!

**So, don’t mistake pain-relief for treatment!**

That’s not to say that pain-relief techniques don’t have their place, because they certainly do!

But only one of the five specific causes of shin splints can be treated by pain relief techniques... the rest require more specific treatments.

For example, one of the most common causes of shin splints is flat feet or weak or collapsed arches in one or both of your feet - and many people with flat feet don’t even realize they have this problem

But if you do, and you fail to address you’re flat feet or collapsed arches with good quality shoe liners or orthotics - then no matter how much you rest or you ice your shins, your pain is practically guaranteed to come back!

In my eBook Stop Shin Splints Forever, I show you how to identify what’s causing your shin splints, and treat the REAL problem, not just the symptom… by following a quick self-diagnosis process that anyone can do in 15 minutes you’ll learn which of the 5 causes of shin splints are causing your shin splints and how to get rid of them… FOR GOOD.

If you want to know EXACTLY how to stop your shin splints once and for all and get back to enjoying the sports you love, go check out my eBook right now.

It took me a long time to figure this stuff out, and it turns out what you need to do to get rid of shin splints permanently is exactly OPPOSITE to what most “mainstream” shin splints treatment advice says you should do. Find out the solution in my eBook right here: Stop Shin Splints Forever