**The #1 Secret To Treating Shin Splints And Getting LASTING Relief**

In this article I’m going to reveal probably the most IMPORTANT piece of information on treating shin splints that you’ll ever encounter.

If you’re like most people who are struggling with shin splints, then you’ve probably tried one or two “conventional treatment techniques” like icing, rest, painkillers or stretching (If you’re like I used to be then you’ve tried all of them, and you’ve ended up FRUSTRATED as hell, and in pain over and over again).

I can remember when I used to use these techniques the same thing would happen every time... my shin splints would get better quickly, but as soon as I got back to physical activity or playing the sports I loved...

My shin splints would come back with a VENGEANCE!

It was frustrated to say the least, I felt like tearing my hair out! It was like nothing I did ever helped... the best I could hope for was temporary relief before the next painful flare up.

I remember thinking to myself, “I guess I’m just stuck with this and I’ll have to learn to deal with it”.

Let me tell you something...

**THAT WAS ALL A LOAD OF BULLOCKS ... NO MATTER HOW SEVERE YOUR SHIN SPLINTS ARE OR HOW LONG YOU’VE HAD THEM YOU CAN GET RID OF THEM ONCE AND FOR ALL.**

Really.

I suffered from awful shin splints for nearly 10 years, and now they’re completely gone.

And there’s one KEY lesson that helped me go from feeling defeated and stuck with this painful condition to being free to enjoy playing the sports I love and pushing myself to my limit, without worrying about aggravating my shin splints. (Sound dramatic doesn’t it?)

And what was that lesson?

Here it is...

Conventional treatments like icing, rest and painkillers focus on treating the main SYMPTOM of shin splints, which is pain, but pain is NOT the enemy, it’s a desperate message from your body telling you that something is WRONG inside!

Let me say that again...

**PAIN IS NOT THE ENEMY, IT’S A DESPERATE MESSAGE FROM YOUR BODY TELLING YOU THAT SOMETHING IS WRONG INSIDE!**

And what exactly is wrong?

That’s a fantastic question...

There are several underlying causes of shin splints, but since we only have a little time together in this article, I’ll start by telling you one of the most common ones.

**Weak or inflexible calves.**

One of the best things I’ve ever done is make friends with REALLY INTELLIGENT physiotherapists and podiatrists. As a matter of fact, most of the strategies and techniques I’ve learned, developed and write about originally started out as something I learned from them.

When I talked to them about shin splints, once common causes stood out and that’s weak or inflexible calves, if you’re calves feel tight, or get tired easily while you’re running chances are you’ve got this problem too.

So do some calf stretches and strengthening exercises. Do what it takes to correct this problem. It’s one of the main conditions that leads to shin splints.

There are several other common causes of shin splints... and I’ll talk about the others in a future article.

For now just remember, the key to EFFECTIVE SHIN SPLINT TREATMENT is to identify and treat the underlying causes of shin splints.

And of course, the best place to start is with the eBook I’ve put together...

It took me years of trial and error to really figure out what works for treating shin splints.

Repeat: It took me YEARS.

Years of painstaking trial and error.

Every time I found something that DID work, I took the idea, refined it, used it on myself and my personal training clients, wrote it down... then refined it some more.

I collected and organized what I learned into my eBook, “Stop Shin Splints Forever”.

It contains the EXACT step-by-step method for treating and preventing shin splints that has helped hundreds of people get rid of this condition once and for all.

Go check out the details here: **Stop Shin Splints Forever**