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

Do You Want To Know How To Get Rid Of Shin Splints Forever? Read This Article And Learn A Little-Known Method That Will Get Rid Of Your Shin Splints FAST...

Know what?

I struggled with shin splints for NINE YEARS...

Every treatment technique I tried seemed to give me nothing more than temporary relief... then the next time I’d go for a run the pain would come back, many times I wondered if I’d have to struggle with this condition for the rest of my life.

And, this drove me NUTS.

My shin pain were so bad at times that I could hardly walk... and I can’t tell you how many times I had to miss out on going for one of a morning jog (I love these) or playing soccer on a Tuesday night with my buddies because the pain was too severe...

But I’m here to tell you, that it doesn’t have to be like this for you!

Through a TON of trial and error, I’ve now figured out a method that’s literally guaranteed to get rid of shin splints FOREVER. And I want to teach it to you right now.

Here’s how it works...

1. **Identify The Causes Of Your Pain**

It’s important to understand that shin splints is a “gutter” term that refers to a variety of different conditions and pathologies that lead to pain in the lower half of the (tibia) shinbone.

Over the years I’ve found that there are four primary underlying causes that are directly responsible for, or contribute to, nearly every single case of shin splints. And you will be able to easily identify them using the simple tests I show you inside my eBook “Stop Shin Splints Forever”

Once you’ve identified which of the underlying causes” you have, it’s time for step two.

1. **Treat The Symptoms**

You can’t correct the underlying problems if your pain is so severe you can’t move. So in this step you’ll implement various strategies to help reduce and eliminate your pain so you can focus on correcting the underlying problems that are responsible for it.

Then you’re on to step three, which is...

1. **Treat The Causes And Condition**

Remember, pain is just a warning signal from your body telling you that you need to fix a problem. So in this step you work on treating the cause, which is the conditions and underlying problems you identified in the first step.

Realize that beginning any treatment without identifying what’s really causing your pain is a recipe for failure and frustration.

If you continue using generic, one-size fits all, “conventional” shin splints treatment techniques, you may NEVER address the real causes of your pain and stay stuck with this condition for years. And if you keep exercising or playing the sports that likely CAUSED these underlying problems in the first place, you risk making your condition even worse – or doing PERMANENT damage.

Are you with me?

So use this approach to get rid of shin splints once and for all. Get started today!

I’m here to help you make it happen... in my eBook Stop Shin Splints Forever, I show you in GREAT detail how to identify what’s really causing your pain... In fact, I consider this section where I talk about these things to be the MOST important part of the WHOLE book.

Why?

Because unless you figure out EXACTLY what’s causing your shin splints – any treatment techniques you use won’t be nearly as effective as they could be.

And when you DO identify the causes, the treatment techniques I teach you for addressing each of these specific causes will be 10x as powerful...

The best way to get it handled is through reading my book, so grab a copy and see for yourself – just click here: Stop Shin Splints Forever