KILOMETERKLUB

YOUR SHIN SPLINTS REHAB GUIDE FROM LIESEL

What I want you to do first at home

If this were my runner in week one, I would keep the plan simple: calm the irritation, remove the biggest trigger, and start rebuilding capacity instead of waiting passively for a miracle.

- Reduce impact load first; this may mean cutting volume, frequency, or intensity by roughly half
- Use low-impact cross-training while symptoms calm
- Build calf, soleus, foot, and tibialis capacity
- Progress back to impact gradually, not just back to mileage
- Use the 24-hour response as your guide: if the next day is notably worse, the load was too high.
- Keep doing the strength work even once the pain settles.

What I would do in clinic

In clinic, I would first make sure the diagnosis fits the pattern and that we are not missing a more serious problem. Then I would identify the biggest load driver, test the weak links, calm the angry tissue down enough to let you move, and build a plan you can actually follow in real life. For this one, I would separate a simple shin-splint picture from a bone-stress picture, then rebuild lower-leg strength and impact tolerance step by step.

Strength & rehab prescription

The exercise plan should feel purposeful, not random. I usually break rehab into phases so the runner knows what matters now and what can wait.

- Early phase: calf isometrics, seated calf raises, tibialis raises, foot-intrinsic work
- Strength phase: heavy calf raises, bent-knee soleus raises, pogo progressions, step hops when ready
- Return phase: graded walk-run progression, then hills and faster work later

Cross-training that usually works

Usually worth trying: Pool running, Cycling, Elliptical, Deep-water intervals, Strength training.

Usually better to avoid early on: Jumping circuits, Long downhills, Sudden barefoot loading, Trying to make up missed mileage once pain settles.

Your best option is the one that lets you keep fitness without making tomorrow worse.

Road back to running

Returning to running is not the same thing as returning to full training. I want the tissue to tolerate easy impact first, then volume, then the spicy stuff.

1. Calm the shin so walking and hopping improve
2. Restore lower-leg strength and impact tolerance
3. Return with flat, short, easy run-walk sessions
4. Build frequency before speed and hills
5. Do not rush from pain-free walking to normal mileage. Bones need time to trust impact again.

When I want you to get help

See a physio or sports doctor if pain becomes focal, night pain appears, or a hop test is sharply painful, because bone stress injury needs ruling out. Red flags I would take seriously include: Point tenderness on one exact spot of bone; Pain at rest, at night, or with normal walking; Pain that is getting worse despite less running; Inability to hop on the leg without sharp pain.

If you are still not coming right, book a consultation with me through our website at

www.kilometerklub.com/get-help