



NEWSLETTER

Your #1 Health and Wellness Resource

ARC-REHAB.COM

A man and a woman are running on a grassy hill. The man is on the left, wearing a bright green long-sleeved shirt and dark shorts. The woman is on the right, wearing a light blue zip-up jacket, black leggings, and bright pink sneakers. They are both looking forward with determined expressions. The background shows a clear blue sky and distant mountains.

ARE SHIN SPLINTS GETTING IN THE WAY OF YOUR RUNNER'S HIGH?

ALSO INSIDE:

- Meet Our Staff
- Trivia Challenge —
ENTER AND WIN!
- At-Home Exercise
- **RUNNING CLINIC**
April 27th
- **GOLF WORKSHOP**
May 25th



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ARE SHIN SPLINTS GETTING IN THE WAY OF YOUR RUNNER'S HIGH?

Do your shins throb after your daily jogs? You may be experiencing shin splints. At ARC Physical Therapy, our physical therapists can help your shin splints whether or not you're a runner. We offer the most advanced rehabilitation strategies to get you relief and eliminate re-injury.

Shin splints, also known as medial tibial stress syndrome, occur when excessive stress is on your shinbone and the surrounding tissues. These tissues become irritated, inflamed, and painful.

Research indicates that around 15% of runners experience shin splints and they are the most common injury for new runners. Shin splints can present themselves in anyone whose lifestyle includes substantial physical demand or after a significant increase in their activity level.

Shin splints can be painful and debilitating in your daily life, but physical therapy can help alleviate the pain and correct the condition.

Call our office today and speak with someone about how physical therapy can help fix your shin splints!

Common Causes Of Shin Splints

Shin splints are most common with athletes but can occur with anyone who makes training errors, like overloading or running too fast for their ability and training capacity. Often the injury is related to changes in the training, as an increase in distance, intensity, and duration.

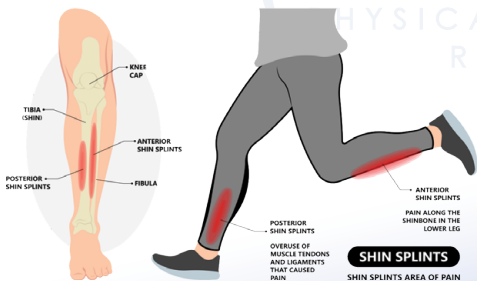
There are other causes of shin splints, including:

- **Previous injury:** If you have had a foot, leg, or shin injury in the past, your risk of shin splints is higher.

- **A BMI greater than 20** makes you more susceptible to developing shin splints.
- **Improper footwear:** Wearing ill-fitted shoes or a previous history of wearing orthotics can increase your risk of shin splints.
- **Inexperienced runners:** Training mistakes made by novice runners include running too far, too fast, and not resting appropriately.
- **Lack of warm-up:** Completing a workout without a warm-up can irritate your calf muscles, increasing your risk of shin splints.
- **Overpronation:** Excessive flattening of the arches while standing, walking, or running increases the risk of shin splints.

The best treatment for shin splints is prevention. Our physical therapists will screen you to identify your risk factors and provide guidance on how to resolve your pain and/or prevent shin splints altogether.

Continued inside.



CALL US TODAY!

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(630) 323-8646

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(708) 403-8145



- **Manual therapy.** Hands-on massage of the painful area and its surrounding areas to ease stress off of the injured tissue.
- **Exercise.** These exercises can serve several functions, including strengthening, improving range of motion, and decreasing stress on the lower leg.
- **Modify mechanics.** Sometimes, shin splints can result from poor gait mechanics or jumping and landing strategies. Your physical therapist may work with you to modify your take-off/landing techniques or how you control your foot, knee, and hip while walking or running.
- **Taping.** Your physical therapist may suggest Kinesio-taping the affected area to promote healing and support the affected muscles.
- **Footwear suggestions.** Your physical therapist may provide you with advice to help speed up your shin splint recovery and decrease your risk in the future.
- **Rest.** Your physical therapist may suggest taking a short break from the activity that caused or aggravated your pain. You will continue exercising, but avoid things that irritate your shin splints until you are healed.

ARE SHIN SPLINTS GETTING IN THE WAY OF YOUR RUNNER'S HIGH?

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How Physical Therapy Can Help

As noted above, the causes of shin splints are vast, but your physical therapist can help you figure out the root of the problem. They will complete an extensive evaluation process noting your painful areas and testing the abilities of your current physical motions.

Our treatments may include anything involving stretching, flexibility, gait, mobility, and range of motion. From there, your physical therapist will create a treatment plan based on your needs.

Treatment plans for a specified shin splint condition may include, but are not limited to:

Contact Our Office Today

At ARC Physical Therapy, we are dedicated to assisting you in your healing journey and making it as comfortable for you as possible.

If you believe you may be suffering from shin splints, give us a call today. We will help you get back on your feet in no time!



ENTER
AND WIN!

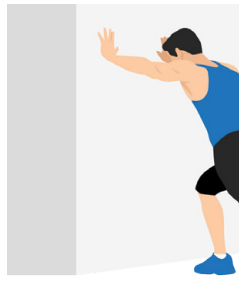
MONTHLY TRIVIA CHALLENGE

Call us with your answers before the last Friday of the month and be entered into our PRIZE DRAWING!

1. The poet T. S. Eliot wrote a poem about April. What is it called?
2. What environmental day was first celebrated on April 22, 1970?
3. On April 15, 1955, which fast food joint first opened its doors?
4. What did Gideon Sundback patent on 29th April 1913?
5. On April 13th, 1997, who was the youngest golfer to win the Masters tournament?
6. Which is the world's oldest run that occurred on April 19th, 1897 for the first time?
7. Which automobile debuted to the general public on April 19th, 1964?

AT-HOME EXERCISE

Try this simple exercise to help increase circulation and leg ROM (range of motion), and prevent achilles tendon injuries.



STANDING CALF STRETCH

Using a chair or wall for support, execute by standing with one foot in front. Slowly lean forward. You should feel a stretch in your back calf. Keep your back knee locked and hold for 5-10 seconds. Repeat 3 times per leg.



WESTMONT **ORLAND PARK**
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Join us for a
FREE Workshop!

April 27th | 6:15 pm

RUNNING CLINIC

Lead by Kathleen Kilburg, PT



It's running season! Are you doing everything you can to run injury free? ARC in Westmont is hosting a FREE workshop that will help you have a more enjoyable and injury-free season. In this workshop, you will learn basic running mechanics, common running injuries, what exercises you can do to help prevent them, and how to safely progress your running program.

Visit arc-rehab.com/workshops or scan the QR Code to reserve your spot!



May 25th | 6:30 pm

GOLF WORKSHOP

Have you ever had back pain when golfing? What about taking your clubs out of your trunk? ARC in Westmont is hosting a FREE workshop focusing on back pain in golfers. In this workshop, you will learn common factors that lead to back pain.

You will learn how your swing mechanics are affected by your strength and flexibility and golf-specific exercises that will lower your injury risk and might improve your score. Come learn from our Titleist Performance Institute Certified physical therapists.

May 25th, 2022

6:30 PM

337 W. Ogden Ave.
Westmont, IL 60559



Scan the QR Code to reserve your spot!

MEET OUR STAFF



Kathleen Kilburg, PT

Kathleen has been in practice since 2003, focusing on treating pelvic health and orthopedic conditions. She is passionate about working with women throughout all phases of life and helping them to better understand how their bodies function to achieve optimal wellness. In her spare time, she enjoys spending time with her husband and 3 children, running, photography and traveling.



COME BACK TO ARC PT!

- Has a pain returned?
- Are you suffering from a new pain?
- Do you want to start 2022 healthier, stronger, and more active?

If you answered **yes** to any of these questions you need to come back to ARC Physical Therapy Physical Therapy. Call us today!

Call for an appointment today and start your journey to a healthier, happier, pain-free 2022.

CALL ARC TODAY!

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