

LOWER LEG INJURIES

These injuries are the classic sports related injuries. They are common to long distance runners, aerobics teachers and athletes who change, too often, the surface on which they train and compete. Qualified medical help should be sought to remove the possibility of stress fractures and Anterior Tibial Syndrome. Electro-Acupuncture should help in many cases and help control the pain in more severe situations.

Shin Soreness

Sometimes known as shin splints, this is common in runners. It produces pain on or next to the tibia (the major bone in the lower leg) when standing, walking or running.

P O I N T S

Ah Shi Any local tender acupuncture points to be found in the area of pain that give a reaction when stimulated

S36 This lies three thumb's width below the joint under the kneecap lying on the outer side of the knee. One finger's width back from the sharp edge of the shin bone.

S41 This lies directly over the middle point of the front of the foot joint.

Sp9 This lies just below the inside of the kneecap and below the top of the tibia. This point is usually tender when pressed with a finger tip.

Ear Ear point

Rehabilitation

Allow 6-8 weeks for recovery.

Rest from the offending exercise.

The use of shock absorbing inner soles is recommended.

