

LOWER LEG INJURIES

IDENTIFICATION AND TREATMENT

Treatment

- Local ice
- Stretch as instructed by athletic trainer
- Eliminate PAINFUL activities
- Decrease UNCOMFORTABLE activities



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"Shin Splints"

Stress Fracture

Sever's Disease

Non specific term for pain between the knee and ankle

- Excessive stresses to the lower leg such as overzealous training in the early conditioning phases
- Can be related to poor shoes
- Can be related to poor foot mechanics
- Pain increases with deceleration or after running and decreases with rest
- Pain often sharp and throbbing
- Mild localized swelling
- Heat and tenderness in area of inflammation

- Bone loses ability to withstand repetitive micro trauma
- Tibia is more common than fibula
- Simple overload brought by muscle contraction
- Continued activity while bone is fatigued
- Changes in running surfaces
- High repetition of stress
- Sudden increase in activity level
- Will complain of pain in leg that is more intense during activity, but relieved when resting
- Local swelling over fracture site
- Tender over fracture site
- Will require physician evaluation

Sever's Disease



- Involves an injury or inflammation to the growth plate on the heel bone, near the attachment of the Achilles tendon
- Common at the beginning of sports season especially in running-intensive sports
- Heel bone hurts when you squeeze it