

Shin Splints/Lower Leg Contusion/Muscle Strain

****DISCLAIMER:** Total length of rehab will vary depending upon the following factors: severity or acuteness of injury, age, health, or personal goals of the patient.

Patient can be progressed through phases of protocol more rapidly than time frames given, as tolerated.

Phase I: 0-3 weeks

Goals for Phase I:

1. Normal gait
2. Swelling and pain control

- A. Orthotic: Shoe inserts/orthotics PRN
- B. Gait training: Normalize gait pattern
- C. ROM/Flexibility: Work to restore normal lower leg and ankle flexibility
- D. Strengthening: Start with AROM and progress into PRE's.
- E. Modalities: Pain, inflammation, swelling control, and muscle re-education as needed

Phase II: 3 – 6 weeks

Goals for Phase II:

1. Normal ROM
2. Good strength
3. Begin work/sports activities

- A. ROM: Continue ROM/stretching as needed
- B. Strength: More aggressive PRE's, weights, single leg activities etc.
- C. Balance/Proprioception: Single leg stance activities, balance beam, BAPs board etc.
- D. Conditioning: Bike, treadmill, stairmaster
- E. Functional activities: sports/work related activities as tolerated

Phase III: 6 weeks to release

Goals for Phase III:

1. Normal strength
2. Return to work/sports

- A. Continue strengthening/conditioning/functional activities as needed