

Tibial Stress Syndrome in Sport

Santiago Gómez García¹

Abstract

Medial tibial stress syndrome (MTSS), also known as shin splints or tibial periostitis, is characterized by pain in the middle and lower end of the tibia; the pain is usually elicited by practicing sports or other physical activities. It is a common cause of leg pain in athletes and militaries.

Prolonged military marching and physical activity involving excess training of the lower limbs contribute to the stress reaction of the bone, as confirmed by imaging studies. This condition has been considered a precursor stage for stress fracture.

The criteria for diagnosis of MTSS were established by Yates and White.

Although the prognosis of MTSS is usually benign, it can evolve to chronicity and be disabling.

Optimal treatment for MTSS has yet to be established.

Extracorporeal shockwave treatment (ESWT) is a tool aimed at alleviating symptoms and shortening recovery time in MTSS. Three studies have shown ESWT combined with a specific exercise program to be effective for MTSS. Regarding the recovery time, one study showed that the ESWT group recovered in 59 days while the control group did so in 91 days, another study obtained results compatible with scores 1 and 2 on the Likert scale in 76% of the patients in the ESWT versus 37% of the control group. A third study showed 82.6% excellent or good results in the ESWT group as opposed to 36.8% in the control group to the Roles and Maudsley scale. In addition, the literature has pointed out the efficacy of 1-3 ESWT sessions in this pathology.

Keywords: Medial tibial stress syndrome, Shine splints, Shockwaves treatment.

¹Orthopaedic Surgeon and Sports Medicine Physician, Unidad Médica del Instituto Nacional de la Seguridad Social. Dirección Provincial .A Coruña, Spain.

Address of Correspondence

Dr. Santiago Gómez García, MD

Orthopaedic Surgeon and Sports Medicine Physician, A Coruña, Spain.

E-mail: sancubacfg@yahoo.es



Dr. Santiago Gómez García

How to Cite this Article

García SG | Tibial Stress Syndrome in Sport | Journal of Regenerative Science | July - December 2022; 2(2):25.

Conflict of Interest: NIL

Source of Support: NIL

Submitted Date: 15 June 2022, Review Date: 15 July 2022, Accepted Date: 23 September 2022 & Published: 10 December 2022

© 2022 by Journal of Regenerative Science | Available on www.jrsonweb.com | DOI:10.13107/jrs.2022.v02.i02.063

This is an open access journal, and articles are distributed under the terms of the Creative Commons Attribution-NonCommercial-ShareAlike 4.0 License (<https://creativecommons.org/licenses/by-nc-sa/4.0/>), which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.