

8 Ways to Cure and Prevent Pain from Shin Splints

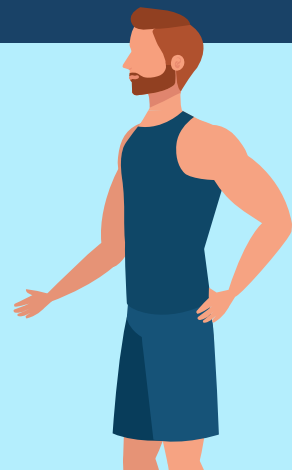
1 Stretch Your Calves

Do this before and after every run and any time you feel pain in your shins.



2 Focus on Form

Avoid toe running and heel striking on your long runs, try to land in the middle of your foot.



3 Include Strength Training

Gaining strength gives prepares your body what it needs to run longer distances.



4 Get the right shoes

Your shoes should be snug, not too loose or too tight on your foot.



5 Cross-train

Take a break from running and work your muscles differently swimming, cycling, or doing yoga.



6 Rest

Regular rest gives your body the opportunity to repair itself, allowing you to recover.



7 Train on Softer Surfaces

Don't complete every run on the road, mix it up. Train on softer surfaces like a treadmill or your local trail.

8 Gradually Increase Your Mileage

Ramp up your training slowly. This trains your body for the distance you want to run.

