

CASE STUDY

MEDIAL TIBIAL STRESS SYNDROME

—

20-year-old male, former high school track and field athlete, would like to continue running and leading an active lifestyle. The goal is to be able to complete 10k-half marathon distances.

MEDICAL HISTORY

- No notable injuries to the lower body
- Medial shin pain has been noticeable with running and skipping (repetitive weight-bearing exercise) for 3-4 years and has significantly impacted his ability to pursue the activities he enjoys
- Treatment so far has included physiotherapy, icing, rest, and P3 cream (muscle and joint cream)
- Medial shin pain can reach a 9/10 pain level

ANALYSIS

- Pes planus foot type
- Overpronated foot mechanics in both walking and running gait
- Palpable pain along distal medial tibia bilaterally



TREATMENT PLAN

- Custom orthotics with a heel cup, MLA support, and medial hindfoot posting to reduce overpronation
- New running shoes with a strong heel counter and shank to stabilize the foot and reduce excess motion
- Continuation of physiotherapy
- Gradual progression of running and skipping volume/intensity as symptoms improve



6-WEEK FOLLOW UP

- Has continued his physio treatment and his prescribed rehab exercises/stretchers
- Has seen a reduction in maximum pain from a 9/10 to a 3/10
- Has progressed to running 30min twice per week and cross training with elliptical/stationary bike twice per week
- He is excited and hopeful that he can gradually increase his running volume to achieve his goals of competing in 10km/half-marathon distances in the future

All pedorthic appointments are handled by our on-site pedorthists with extensive anatomy and biomechanical knowledge. Each case is treated with the patient's comfort and safety in mind as recommendations are given accordingly.

A comprehensive treatment plan may include custom orthotics, heel lifts, and shoe modifications, to name a few. Follow-up appointments ensure the services provided at Kintec evolves along with the patients' ever-changing lifestyles.

Patients can see a Pedorthist by booking a custom orthotics appointment at kintec.net/booknow