

KINESIOLOGY TAPING FOR SPORT

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# SHIN SPLINTS

SPORTTAPE 





# GETTING STARTED

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Shin splints are common in runners, but can be just as prevalent in any sport. Usually caused by increasing volume too quickly, overworking the muscles, tendons and tissue at the front of the shin.

This more advanced application involves cutting the tape length-ways to create two smaller tails and applying a slight lift over the point of pain.

However, if this proves too tricky you can always use two single strips.

If symptoms persist, check in with your physio as it could be the sign of a tibial stress fracture.

## ROB MADDEN

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# THE FOUNDATIONS

YOU WILL NEED: EXTRA STICKY KINESIOLOGY TAPE & TAPING SCISSORS



# 1

## PREPARE

Invert the foot, this is the position you will be taping in.



Measure one strip from the bottom of the foot to the top of the shin. Cut and round the corners.



Create a Y-STRIP by cutting your strip of tape down the centre. Leave a small tab at the end.



Round the corners of each of your 'tails'.

# THE SUPPORT

THE STRETCH PROPERTIES OF KINESIOLOGY TAPE MAKE IT THE PERFECT OPTION FOR THIS KNEE APPLICATION

## 2

### Y STRIP

With the foot still inverted, stick the tab to the arch of the foot, aiming up the shin.

Peel away the majority of the backing paper from the lateral tail, leaving only a small tab at the end.

Holding the tab (so that you don't touch the glue), stick down your first tail on the outside of the shin bone with no stretch.

Repeat this step for your second tail, laying it down with no stretch on the inside of the shin bone.

Curve the second strip of tape back towards the first, overlapping them slightly at the end of each strip.



### QUICK TIP:

Fold the tape in half to round both corners at the same time.

# THE GLIDE

TEST YOUR ATHLETE'S PAIN BEFORE PERFORMING THE LIFT. YOU MAY NOT NEED IT.

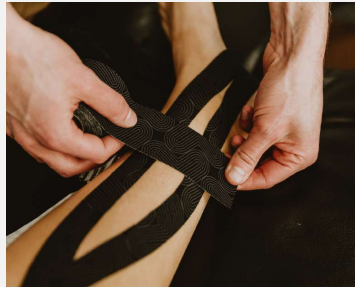
## 3 POINT OF PAIN

If you have a particular point of pain, measure another strip across the width of the shin. Cut it down the middle to form a Y strip, leaving a small tab.

Stick the small tab on the inside of the shin, aiming horizontally across the main point of pain.

Using your other hand, lightly pinch and lift the skin whilst sticking down one tail with a small amount of stretch.

Repeat for the second tail. Once again pinch & lift the skin as you lay down the tape.



### QUICK TIP:

Use specialist taping scissors, otherwise you risk fraying the tape when you cut the tails.





# THE FINISH

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THIS IS HOW THE PERFECT SHIN SPLINTS APPLICATION SHOULD LOOK



Please let us know how you get on with the application. If you have any questions or suggestions don't hesitate to get in touch.

We've taped thousands of shins but we're still learning and evolving.

We're here to support you and your athletes. It's our passion and we've built SPORTTAPE on providing honest practical advice, and products that work.

For your taping needs visit: [www.sporttape.co.uk](http://www.sporttape.co.uk)