

What do you do when your shins are...



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Sep 5, 2008

My shin muscles are sore for the first time since I started running about 12 weeks ago. I've increased my time running substantially, but gradually. I can still run, but was wondering, what's the best way to ease the sore muscles in my shins? Today I stretched them more than usual (after my run), then I massaged the heck out of them, which hurt, but felt a lot better afterwards. So I'm not so sore now, but I'm wondering if anyone else has better ways to relieve sore shins?

Any input would be greatly appreciated! TIA!



[Urbster](#) 646 posts since

May 27, 2008 1. **Re: What do you do when your shins are sore? Ice, massage, stretch???** Nov 20, 2008 4:21 PM

Be careful it's not shin splints, if it is take more time off between your runs. Your muscles need time to catch up to you. I found pre stretching helps, I do the pushing against a wall move. Something like this:

<http://walking.about.com/cs/medleg/ht/htshinsplints.htm>

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[dfitz*](#) 418 posts since

Aug 20, 2008 2. **Re: What do you do when your shins are sore? Ice, massage, stretch???** Nov 20, 2008 8:47 PM

Be sure you are not flexing your foot upward (dorsiflexion) as you bring your leg forward for the next stride, and that you're not pushing off with your feet. I used to have intense shin pain which completely thwarted every attempt to take up running throughout my life. Several months ago I came across [this article on dorsiflexion](#) and on letting your lower legs be relaxed while running (this is from the ChiRunning website). Following this advice resolved my shin pain completely and I don't have to ice or massage them at all. Good luck!



[vintageshot](#) 4 posts since

Nov 12, 2008 3. **Re: What do you do when your shins are sore? Ice, massage, stretch???** Nov 20, 2008 9:13 PM

I have always stretched and iced when my shins were sore. Be careful that you do not have shin splints, if so you will want to slow down a bit.