

jogging •

Shin splints — a big pain for runners and doctors

**Dr. Charles R. Young** 

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Shin splints are to the world of jogging as the runny nose is to the common cold. But understanding the problem isn't all that simple. Not only are we non-specific in our treatment — we're just as varied in our understanding of the cause. The common denominator among shin-splint sufferers and au-thorities is that they hurt. Shin splints are lower leg pains along the inner and/or frontal to outer aspects of the leg. They usually become worse as the activity continues. The runner often does not recall an injury at the prob-lem's onset, but does notice its worsening. Describing shin splints is more difficult, but most agree that it is one or more of these: 1) tendonitis — inflammation of a tendon, which is the band which connects a muscle to the bone? 30 inflamma-tion of the bulk of the muscle; 3) irritation with inflammation in-volving the covering of the bone; or 4) a stress fracture or tear in the bony segment. bony segment.

Dony segment. ALTHOUGHI I HAVE FOUND stress fractures in my running pa-tients, I lean towards the muscle and inflamed bone eovering as the more likely explanation. And it could be that shin splints, as they worsen, begin to affect other parts. The condition may start as tendontis, progress into a full-blown irritation and inflammation and eventually fracture the bone. The success of our treatment depends largely upon the focus of our at-tention and understanding of the problem. There are two most probable causes of shin splints. First, there is an imbalance in muscular strength between the front and back of the leg, certain muscles are forced to overwork, becoming suscepti-ble to innurv.

ble to injury.

We know that the muscles behind our legs are much stronger than those in front. Runners, by virtue of the activity itself, continue to build up these behind-the-leg muscles but seldom pay attention to the others.

A second and frequent cause of shin plints is excessive pronation, or the in-rolling or collapsing of the arch and heel with the foot taking on a flatened appearance. This foot position creates an ex-cessive strain on the involved leg muscles and disabling shin-type mine of the rough and the strain of the st pains often result.

IN TREATING a shin-splints sufferer, I attempt to determine the involvement as well as the cause. Then a treatment plan is designed for the patient to reduce aggravating factors while maintaining ac-tivity.

Possible treatments include: 1) elevation of the involved part; 2) rest with decreased running activity; 3) application of ice to the injured part; 4) compression to the area; 5) change in running sur-face to a softer type and one without hills or inclines; 6) anti-inflammatory medication to decrease swelling; 7) exercise programs to reestablish balance between the muscle groups of the leg and 8) devices to guide and supplement foot and leg function to decrease muscle strain.

Thus, shin splints pertain to a broad category of lower limb prob-

Persistent pain and disability are warning signals, and to continue running while ignoring their presence is foolish and potentially damaging.

The problem should be brought to the attention of a sports medi-cine podiatrist or orthopedist. Perhaps in the near future, we will be able to more adequately discuss the character of this common malady.

Dr. Charles Young, a Livonia podiatrist, writes a jogging column for the Observer & Eccentric newspapers.

## **Adams finished** No. 1 in ratings

Rochesier Adams unanimously fin-tishes as the Observer & Eccentric's No. 1 ranked wrestling team. The Highlanders, who this season won their fourth straight Metro Subur-ban Activities Association (MSAA) championship. lost only once in 20 dual meets. Adams had two regional quali-fiers, and one state qualifier. Adams' neighborhood rival Roches-travast and in the O&E's final wres-ture as the character of the team of the tark of the Obsect of the team of the tark of the Obsect of the team of the tark of the Obsect of the team of the tark of the Obsect of the team of the tark of the Obsect of the team of the tark of the Obsect of the team of the tark of the Obsect of the team of the tark of the Obsect of the team of the team of the tark of the Obsect of the team of the team of the tark of the Obsect of the team of the team of the tark of the Obsect of the team of the team of the team of the tark of the Obsect of the team of the team of the team of the tark of the Obsect of the team of team of the team of the team of the team of team o

WEST BLOOMFIELD, the O&E's early-senson rankings leader, and Farmington each will have three wres-tlers at the state meet. Rochester has two state qualifiers, and each of the other four teams have one. The Laker trio includes sophomore Bob Petrille (138 pounds); junior Scott Parner (165 pounds); Bausano, who mas a 40-1 record, is the O&E's top-ranked wrestler in his weight class. Dave Denny (12), Mark benny (132) and Jim Steiner (167) were the Farm-ingtion qualifiers. Dave Denny (132) and weight class. The other individual qualifiers among the O&E's ranked teams include Mike Thompson (145) of Adams, Bret Machovec (198) and Jim Ostiaux (167) WEST BLOOMFIELD, the O&E's

BASKETBALL BANKINGS

(Not including Tuesday action)

1. Brother Rice (21) . . . 2. Lathrup (18) . . . . .

wrestling rankings

of Rochester: George Schultz (185) of Southfield-Lathrup: Roger Erickson (198) of Troy. Athens: and Paul Cotter (132) of North Farmington. Five of the top seven teams repre-

Five of the top seven teams repre-sent two leagues. Three of the ranked teams are mem-bers of the Metro Suburban Activities Association (MSAA) – Adams, Lathrup and Athens Neanwhile, Rochester and West Bloomfield are members of the Greater Oakland Activities Association (GOAL). Farmington wrestles in the Inter Lakes League, and North Farmington is a member of the Northwest Subur-ban League.

is a member of the Northwest Suour-ban League. The O&E rankings were selected by sports editors Tom Baer, Marty Budner and Dennis O'Connor, Teams from the Birmingham-Bioonfield. Farmington. Rochester, Southield. Troy and West Bioomfield areas were eligible.

FINAL RANKINGS I. Rochester Adams

2. Rochester 3. Farmington 4. Southfield-Lathrup 5. West Bloomfield 6. Troy Athens 7. North Farmington

3 St. Marv's (15).

a. St. Mary 8 (15).
4. Harrison (11).
5. Southfield (9).
6. (tie) Troy (5).
6. Country Day (5).

17-2 13-5

12-5 12-6 9.8

12-6

Brother Rice still No. 1, but Lathrup rises to No.2 last week. The Hawks are deadlocked for first place with Northville in the Western Six League. Surging Southfield High School won two more games last week to stay at No. 5 in the rankings.

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Southfield-Lathrup, 13-5 overall (not including Tuesday night's game against West Bloomfield), switches replaces with Orchard Lake St. Mary's as the No. 2 team in this week's Oakland County Observer & Eccentric basket-ball rankings. The Eaglets, 56-51 losers in Sunday's Catholic Leage C-D Division cham-pionship to Detroit St. Hedwig, drops to No. 3 in the cage poll.

No. 3 in the cage poll. Rirmingham Brother Rice remains

business of the series of the FARMINGTON HARRISON stays in the No. 4 slot after winning two games

basketball rankings

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