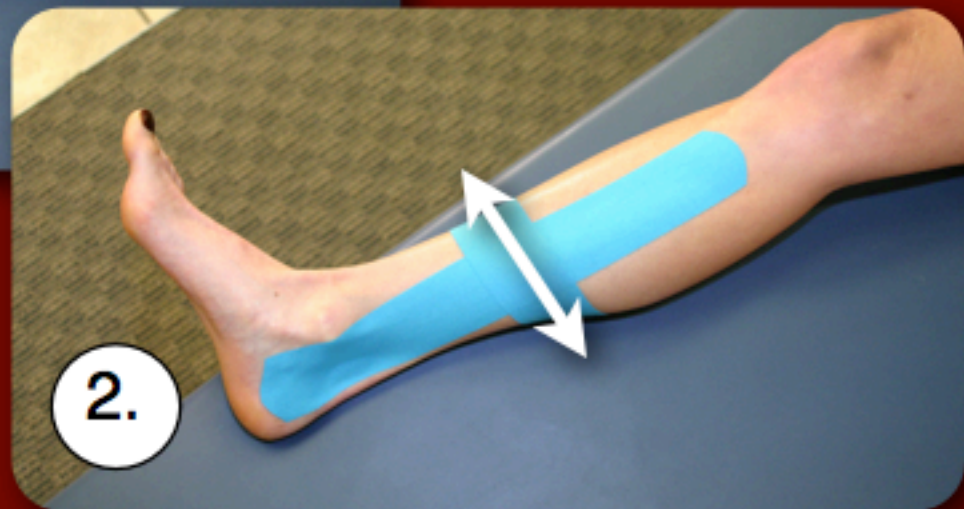
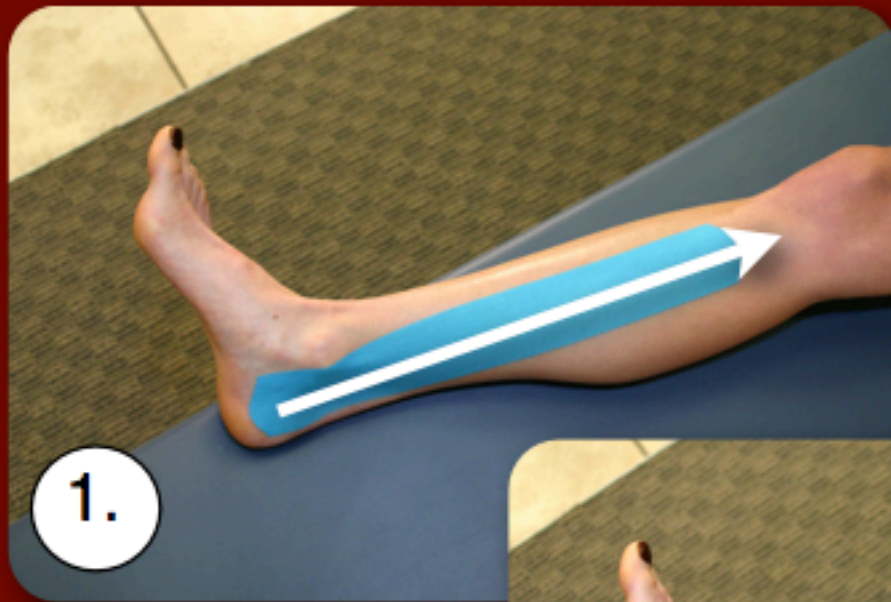


## Shin Splints: (MTSS)



1. **Medial:** Dorsi-Flex foot. Anchor stabilization tape below ankle on medial side of tibia. Run tape up along shin crossing over area of pain. Apply no stretch.

b. **Lateral:** Plantar-Flex foot. Anchor stabilization tape below ankle on lateral side of tibia. Run tape up along shin crossing over area of pain. Apply no stretch.

2. Apply decompression tape bisecting area of pain or 'hot spot'. Stretch tape 50-75% in middle, with no stretch at ends.