

Shin Splints



The ankle bone's connected to the leg bone.

(You know me; I can't ignore a song cue!)

Since my blog post lesson last week was about the ankle, let's move up our lower extremity to the leg itself. A common injury – especially for runners – is shin splints.

Whether caused by stepped-up workouts or plain ol' repetitive stress, shin splints cause soreness and pain along the length of the leg bone (the tibia). Now, while that may *sound* like a bone injury, it's actually damage to the tendons and tissues surrounding the bone.

On its website, [Johns Hopkins Medicine](https://www.hopkinsmedicine.org/health/conditions-and-diseases/shin-splints) advises, "Treatment includes stopping the activity that causes pain."

Oh, for crying out loud! Doesn't that sound like the old

doctor joke? “Doc, my leg hurts when I do this!”

“Well, don’t do that!”

Hmmm. Is it just me, or does that seem a wee condescending?

Enter homeopathy! (And some *real* common sense)

Several homeopathic medicines have been known to meet shin splints with a more efficient approach. Sure, rest is beneficial. But a gentle, polite medicine – with no adverse side effects – can help to shorten the required downtime. (And who wants lengthy downtime? Have you ever met a runner? They have to run! It’s in their DNA. Asking them to rest is like asking a mosquito to stop buzzing – nearly impossible.)



In my experience, the most effective homeopathic medicine for shin splints has been *Ruta graveolens* 200. In fact, regardless of the location on the body of an injured tendon, *Ruta* 200, twice daily, has been shown to be quite effective. (Remember [the ankle sprain blog post](#)? The damaged tendons in

the ankle responded beautifully to *Ruta*!)

Additionally, one might also consider *Symphytum officinale* 200, twice daily. Why *Symphytum*? *Symphytum* is the premier homeopathic medicine for bones, and it also addresses tendons and ligaments. While shin splints do not involve a *broken* bone, the periosteum (the tissue surrounding the tibia) is often damaged when one suffers from shin splints – indicating *Symphytum* could be a good match.

In fact, these two medicines, *Ruta* 200 and *Symphytum* 200, may be mixed together in the mouth to create a combination medicine – a veritable one-two punch for shin splints!

However, as I always say, there's more than one way to grease a pan. So, there are a couple of other homeopathics that are also considerations. However, I'll reserve those for this week's Memo to Mighty Members*.

But if you'd like to do more reading now, an older blog post of mine might be of use.

[From Tendon, Bone, and Cartilage Problems to Healing with Homeopathy](#) details an experience our departed poodle, Buster, had with a leg injury.

Don't forget, both animals and humans benefit from well-chosen homeopathic medicines used in the very same manner. It doesn't matter if you're a woman, man, child, dog, cat, cow, camel, giraffe or penguin – homeopathy works!

So, pass on the good news of homeopathy!

Warmly,



P.S. In case you didn't notice, this week's must-have medicine for your kit is *Symphytum officinale* 200. However, remember: When utilized for broken bones, *Symphytum* should only be employed *after* a medical professional has properly set the break!

* If you're not yet one of my [Mighty Members](#), what are you waiting for? Each week, the Mighties receive additional information in the form of video Mighty Musings or Memos to Mighty Members. (And let's face it, those memos are actually extra weekly blog posts). Plus, you'll have access to a private social center to bring sensitive discussions away from the prying eyes of public social media, access to Facebook Lives without joining Facebook, and so much more.

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