Common Injuries to the Lower Leg Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Shin Splints**  
<http://www.mayoclinic.com/health/shin-splints/DS00271>

<http://www.webmd.com/fitness-exercise/shin-splints>

<http://en.wikipedia.org/wiki/Shin_splints>

1. What are the causes of shin splints? Check 2 different sources!
2. Where on the lower leg do shin splints occur? Draw a picture. (try google search images)
3. What are 3 signs/symptoms of shin splints?



1. Give steps to appropriate care/treatment of shin splints.

**Achilles Tendonitis**<http://orthoinfo.aaos.org/topic.cfm?topic=a00147><http://orthopedics.about.com/cs/ankleproblems/a/achilles.htm>

1. Where is the Achilles tendon located?
2. What movement does the Achillles tendon allow – plantar or dorsiflexion?
3. What is Achilles tendonitis?
4. What are 2 signs/symptoms of Achilles tendonitis?
5. Give steps to appropriate care/treatment of Achilles tendonitis.
6. In google images type in “Achilles Tendon Rupture”
   1. What is an Achilles Tendon Rupture?
   2. OUCH! This injury requires surgery!

**Achilles Taping**<http://www.youtube.com/watch?v=xzRhIyw85Xk>Learn the steps to Achilles taping by watching the video and answering the following questions. We will practice in class.

First apply: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* How do you know where to place these on the shin/calf?
* 2 strips are sufficient (the instructor does 5 or 6)

Second apply:\_\_\_\_\_\_\_\_\_\_\_\_\_

* How do you know where to place this on the foot?
* 2 strips are sufficient

Third apply:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Make sure the foot is in plantar flexion)

* Explain how to attach the first strip of the fan
* Explain how to attach the 2nd and 3rd strip
* Why is it called a “criss-crossing fan?”
* After the 3 strips the instructor applies another:\_\_\_\_\_\_\_\_\_\_\_\_\_
* Why does the instructor have the student stand up after the 3 strips and anchor are applied? What should you check for?

To finish, apply:\_\_\_\_\_\_\_\_\_\_\_\_\_

* When taping is finished what does the instructor check for?
* How does she check to make sure the tape job is done correctly? (What does she observe?)