

Shin Splints Treatment Worksheet

Name: _____ Age: _____

Contact number: _____ Date: _____

Symptoms checklist

- Pain along the inner part of the lower leg
- Tenderness or soreness along the inner part of the lower leg
- Mild swelling in the lower leg
- Pain during exercise
- Pain that decreases with rest
- Pain that worsens with activity

Treatment plan

Recommended exercises

Exercise	Instructions	Duration	Notes

Additional recommendations and notes

Healthcare provider information

Name:

Signature:

Contact number: