



### Jay E. Spector

American Academy  
of Podiatric Sports  
Medicine, USA

#### Biography

Spector, studied Economics at McGill University, Montreal, Canada and graduated in 1986. He went to the New York College of Podiatric Medicine and graduated in 1992. He completed a surgical residency at the Georgia Podiatric Surgical Residency in Atlanta, GA. He is a past president of the American Academy of Podiatric Sports Medicine and is the Scientific Director of their yearly Stand Alone Meeting in Sports Medicine. He has published several papers and is a frequent lecturer both in the United States and Europe. Dr Spector is in private practice at Atlanta Sports Podiatry in Johns Creek, GA, USA.

## Treatment Of Medial Tibial Stress Syndrome (Shin Splints): What Is The Evidence-Based Medical Treatment?

#### Abstract:

To understand the treatment, you first must identify the cause of MTSS in that individual. Iontophoresis, phonophoresis, ice massage, ultrasound therapy, and extracorporeal shockwave therapy (ESWT) could be effective in treating MTSS when compared with control. Low-energy laser treatment, stretching and strengthening exercises, sports compression stockings, lower leg braces and pulsed electromagnetic fields have NOT been proven to be effective in treating MTSS.

#### What will audience learn from your presentation?

- They will learn how to use balance testing to identify weaknesses in the gluteus medius that can contribute to MTSS
- Changes in running form can help prevent MTSS
- Orthotics or arch supports can help prevent MTSS
- These changes and treatments can speed up the healing time for patients with MTSS and get them back to sport quicker.