



Shin Splints - Symptoms, Causes, Prevention | Dr Chirag

Experience persistent or [severe shin splints pain](#) while walking or running, seek advice from [Dr. Chirag Patel](#), one of the best orthopedic surgeons in Mumbai.



Have you ever had the feeling of 'nagging' pain in your shins when walking or running? Otherwise called medial tibial stress syndrome, shin splints are a relatively frequent problem faced by athletes, runners, and everybody engaged in severe physical activities. Pain may range from mild discomfort to sharp pain, which affects your daily activities. The symptoms, causes, and ways of prevention inflicted by shin splints should be known for effective management or relief.