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## ORIGINAL ARTICLE

**EFFECTIVENESS OF STRETCHING AND MODIFIED FOOTWEAR ON REDUCING PAIN AND FUNCTIONAL ABILITY IN ATHLETES SUFFERING FROM SHIN SPLINT**

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### **Abstract**

**Background:** Shin pain is a common complaint among the athletes, particularly in distance runners. The term shin splint refers to the pain along the medial border of the tibia, which usually interfere in their athletic activity and increase their disability level. Major objective of this study was to find out the efficacy of early stretching and modified foot wear on reduction pain and effect on functional abilities among the athletes. **Methods:** Elite athletes from the sports department of the Mysore University of India were taken for the studies. The patients of both genders with age group between 24-32 suffer from shin pain were included for the study. The sustained stretching protocol and modified footwear were used for the experimental group and the cryotherapy and rest for the control group. A total of 30 subjects with the shin splint were participated in this study. All the subjects in this study were equally divided into experimental and control group and the treatment time fixed for four weeks. **Results:** Pre and Post treatment analysis found that there was significant difference in outcome of experimental group. The study accepted the alternative hypothesis and rejected the null hypothesis. The study was statistically significant with  $P < 0.001$ . Medically the study found early stretching intervention and modification of footwear were effective in reduction of pain and increase of functional ability. **Conclusion:** This study concluded that experimental group with intervention of early stretching and modified footwear was more effective on reducing pain and increasing functional ability among the athletes.

**Key words:** Athletes, shin splint, LEFS, cryotherapy, immobilization.