

Taylor Family Chiropractic Explains Shin Splints Research and Shockwave Therapy Before Thanksgiving Race Season

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MEDWAY, MA - November 10, 2026 -
Taylor Family Chiropractic is sharing what runners should know about shin splints as Thanksgiving race season gets close. The practice also explains where shockwave therapy fits into care and what research shows so far. Its patient guide covers shockwave for tennis elbow, another injury caused by overuse.

The Medway Turkey Trot is a community 5K that supports the Medway Public Schools Athletic Department. The race starts at 7:30 a.m. at Medway High School on Thursday, November 26, 2026. Shin splints are a concern for runners preparing for it.

Shin splints cause pain along the shinbone, the large bone in the front of the lower leg. This bone is called the tibia, and the condition is known as medial tibial stress syndrome. It is common in runners, dancers, and military trainees, according to Mayo Clinic.

A sudden jump in how much or how hard a person trains raises the risk of shin splints, Mayo Clinic says. Running also raises the risk, especially for people who are just starting to run. Running on hard ground adds to the risk, and so do flat feet or high arches.

The pain may be sharp or feel like a dull, throbbing ache. It can start during exercise and last after the workout ends. The shin may also hurt when touched and sometimes swell a little.

A 2012 study in the British Journal of Sports Medicine tested two treatments in 42 athletes with shin splints. One group followed a running program that slowly built up the workload. The other group did the same program and also had five focused shockwave sessions over nine weeks.

The study counted an athlete as recovered once they could run 18 minutes straight at a set effort without pain. Athletes who had both treatments got there in 59.7 days on average, compared with 91.6 days for the running program alone. Patients were not placed in groups at random, though, so this was an observational study.

The two groups were also treated in different sports medicine departments. Because of this, the results cannot prove that shockwave therapy caused the faster recovery. The authors called for a new trial with groups chosen at random.

A 2017 trial in the International Journal of Surgery studied cadets in the Colombian Army. Some did exercise alone, and others did exercise plus focused shockwave, and chance decided who got which. After four weeks, the cadets who had both treatments could run longer without symptoms and had less pain after running.

Both studies tested focused shockwave. The practice offers radial pulse treatment, which is a different method. So the findings do not show whether radial pulse treatment brings the same benefits or recovery times for shin splints.

An exam helps tell shin splints apart from other causes of lower leg pain, such as tendinitis. Another is chronic exertional compartment syndrome, where pressure builds inside the leg muscles during exercise and may cause numbness or trouble moving the foot. Imaging may be needed if a stress fracture or another injury is suspected.

The practice says its radial pulse treatment uses a handheld tool placed against the skin. The tool sends pressure waves made of sound energy into the area. The practice offers it for shin splints and says each area takes five to 10 minutes.

Treatment usually takes four to 12 sessions, about a week apart, depending on the condition. The practice adjusts the strength of each session so it stays comfortable. Soreness after treatment is temporary and usually fades within a day or two.

Before treatment, the practice reviews each patient?s health history and asks whether the patient is pregnant. This helps the practice decide whether shockwave therapy for shin splints is right for that patient. Care plans may also include home exercises with guidance from the practice.

Taylor Family Chiropractic opened in 2017 in Medway, Massachusetts, and is led by husband-and-wife chiropractors Dr. Cliff Taylor and Dr. Christy Taylor. Both went to Life University in Marietta, Georgia, and they provide natural, conservative care for families and individuals. Services include chiropractic care, spinal decompression therapy, chiropractic for pregnant patients and children, and radial pulse shockwave therapy.
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For more information about Taylor Family Chiropractic, contact the company here:Taylor Family ChiropracticTaylor Family Chiropractic(508) 533-3024info@medwaychiro.com74 Main St, Medway, MA 02053, United States of America

Taylor Family Chiropractic

At Taylor Family Chiropractic, our family is here to serve yours. We help families and individuals restore their well-being with natural, proven methods. Discover what your body can achieve when it functions at its best.

Website: https://medwaychiro.com/

Email: info@medwaychiro.com

Phone: (508) 533-3024

