

December 16, 1938.

Mr. Robert Bungum,
Lake Mills, Iowa.

Dear Coach Bungum:

Sorry that I have delayed so long in answering your communication.

Shin splints are caused from several things. One is that you generally find a very skinny boy whose lumbar region, the small of his back, is pretty stiff. This does not permit the mobility of the spine in this area and generally lowers the vitality in the leg.

The old theory of shin splints was that the shin splintered but really it is nothing but the anterior tibia nerve being inflamed. Being on hard pavements or hard floors or hard ground together with a pre-disposition toward an inflammation of this nerve will cause shin splints. An absolute rest of two or three months will cure the thing, but by that time the basketball season is over. Diathermy treatment in the small of the back, massage, hot ointments, and so forth, will help. Sometimes taping the leg across the front will help. Certainly the work in a grocery store will not help him if he has a tendency to that difficulty. Being on his feet on a hard floor for long periods of time will excite the condition.

Taking hot foot and leg baths where the leg is immersed to the knee in hot water will help, and lots of manipulation of the thigh and small of the back will help. You will have to baby this fellow along and keep him off his feet as much as possible, except during the time he plays, and then do not allow him to be on his feet half as long as his teammates.

I am glad that you have been successful in prohibiting sprained ankles and knees. I was glad to hear from you and I hope that you will have continued success.

With all good wishes, I am

Very sincerely yours,

FCA:AH

Director of Physical Education,
Varsity Basketball Coach.