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## Developments in the conservative treatment of exercise related leg pain in young soldiers

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Exercise related leg pain (ERLP) is a common problem for young soldiers. In The Royal Dutch Armed Forces the three most common diagnoses in the ERLP group are: medial tibial stress syndrome (MTSS), chronic exertional compartment syndrome (CECS) and a combination of both MTSS and CECS. Since 2011 onward consecutive studies have been launched to improve the conservative treatment results for MTSS and CECS. The effects of sport, compression, stockings, vitamin D, extra corporeal shock wave treatment and gait retraining in shoes and military boots will be discussed. The number of surgical procedures for CECS in the Central Military Hospital has been reduced by 80% from 2011-2016. Future study plans will be disclosed.

### Biography

Wes Zimmermann is a primary care Sports Medicine Physician working for the Royal Dutch Army in the city Utrecht in The Netherlands. He earned an undergraduate degree in General Arts and Sciences from the University of Nebraska, USA. His Medical degree is from The University of Leiden, The Netherlands. His Sports Medicine degree is from the University of Utrecht, The Netherlands. He has been with the Royal Dutch Army since 2000. He has a particular interest in the treatment of overuse leg injuries in young soldiers. He is a fellow of the European College of Sports Medicine and holds an appointment as Adjunct Associate Professor with the Uniformed Services University of the Health Sciences in Bethesda, Maryland, USA. He is an experienced presenter and publisher. He is a former international spring board diver and has a special interest in the medical aspects of Olympic springboard and platform diving.

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