

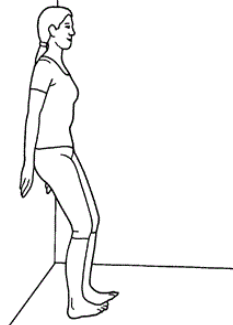


Personal exercise program

Shin Splints

New Forest Physiotherapy Southampton
Gang Warily Recreation Centre, Fawley SO45 1GA
Unit 311 Solent Business Centre, Southampton SO15 0HW
www.newforestphysio.co.uk, T: 023 8008 9120

Provided by Rosy Challis
Provided for
Training start date 1/14/2016



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Begin by standing with your back to a wall. Place your heels about a foot away from the wall while your body is resting on the wall. Begin to dorsiflex (bring toes up) both ankles while your heels remain in contact with the ground.

Stretch your toes up as far as possible. Lower your feet back toward the ground. Try to keep your toes from touching the ground. Repeat for 3 sets of 10-15 reps.

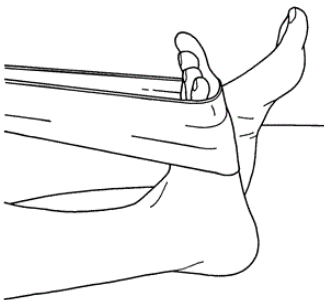


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Stand.

Begin with an erect body position, placing your feet about shoulder-width apart. Take a step forward with one foot. The length of the step should be a normal walking step. When your heel makes contact with the ground, stop your foot from fully plantar flexing.

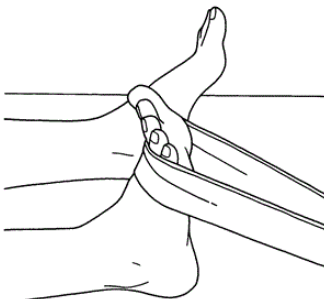
Using your shin muscles, keep the sole of the foot from contacting the ground. Your toes should not descend more than an inch or so. Step back to the starting position, repeat for 10-15 reps, and switch legs.



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Stretching your calves could help alleviate shin splints. Be proactive with this stretch. Begin by sitting on the floor with your legs straight in front of you.

Loop an exercise band or towel around the bottom of your feet and gently pull back into dorsiflexion. Hold for 10-15 seconds. Repeat 2-3 times on each leg.



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Strengthen your anterior lower leg and help reduce the recurrence of shin splints with this stretch. Sit on the floor and loop an exercise band around the front of your feet with the other end of the band wrapped around a table or stationary object you can use for support.

Dorsiflex your foot against the resistance. Do 3 sets of 10-15 reps. Increase the resistance by using heavier bands or doubling your reps to the 20-30 range.



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Half kneeling. Place your hands on the floor. Bring the ankle to be stretched close to your bottom keeping the sole of your foot on the floor.

Bring your chest forwards and shift your weight over the sole of your foot. Keep your heel on the floor during the exercise. Hold approx.

20 secs.

Repeat times.



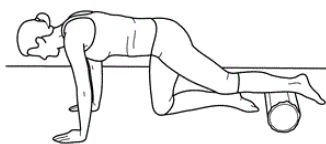
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Kneeling, sitting on your calves. Hold on to the foot of the leg to be stretched.

Stretch your foot and toes by slowly pulling upwards. Do not rotate your foot inwards. Hold approx. 30 secs. relax.

Repeat times.

Self-myofascial anterior tibialis and peroneal release - Pro Foam Roller with Wrap



©The Hygenic Corporation

Begin in a quadrupedal position with ankle of one leg draped across the Roller, knee slightly bent, foot turned in. Keeping hands planted on floor, initiate a backwards 'lunge and return' to gently roll and release muscle on the outside of the shin. Avoid rolling directly on the shin bone. Continue rolling along the path of the muscle with long sweeping strokes, working shorter repetitive strokes in areas of increased tightness. Control the pressure through controlling the amount of weight on the Roller. Keep hip flexor stretching (that occurs during the exercise) in a pain free range. Slowly return to neutral. Continue rolling.

Another way to self massage is using a tennis or golf ball rolling it over the muscle for approx 10-20 minutes

Sets

Min