








Exercises for Shin Splints

<p>1. Step Ups Step forward and up on a box, leading with involved leg. Step down with same leg, returning to the starting position. Increase the height of the box as technique and strength increases. 3 sets of 8-12</p> 	<p>2. Soleus Squats Feet shoulder width apart, slide down the wall so knees are flexed to 80°. Raise heels off the ground. Hold for 20-30 seconds, 3-5 times.</p> 
<p>3. Bent Knee Calf Raises Stand on involved leg on a step and bend knee slightly. Raise heel slowly and controlled up and down. 3 sets of 8-12</p> 	<p>4. Single Leg Soleus Bridge Place ball of involved foot on the edge of a step. With arms flat on the floor, raise hips into a bridge, keeping the opposite leg straight. 3 sets of 8-12</p> 
<p>5. Hip Hikes Stand on the edge of a step. Keeping your leg straight, hike the opposite side of the pelvis up and slowly lower. 3 sets of 12-15.</p> 	<p>6. Calf Raises Stand on involved leg on a step. Slowly raise heel up and lower past edge of step. 3 sets of 12-15</p> 
<p>7. Side Lying Abduction Lay on one side. Bend leg under for support, keep top knee straight and lift straight up. 3 sets of 12-15.</p> 	<p>8. 4-Way Ankle</p> <p>Loop elastic band around involved foot. Push forward as far as possible and return slowly.</p> <p>Loop elastic band around involved foot, stabilize with opposite. Reach out and slowly back, limiting knee movement.</p> <p>Loop elastic band around involved foot, stabilize by crossing opposite leg over. Reach in and slowly return, limiting knee movement.</p> <p>Loop elastic band around involved foot and bend knee. Stabilize with opposite leg straightened. Pull foot up and slowly lower.</p> <p>2 sets of 12-15 of each exercise</p> 