# Exercises for Shin Splints

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

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.

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

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

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

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

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

8. **4-Way Ankle**
   - Loop elastic band around involved foot. Push forward as far as possible and return slowly.

   - Loop elastic band around involved foot, stabilize with opposite. Reach out and slowly back, limiting knee movement.

   - Loop elastic band around involved foot, stabilize by crossing opposite leg over. Reach in and slowly return, limiting knee movement.

   - Loop elastic band around involved foot and bend knee. Stabilize with opposite leg straightened. Pull foot up and slowly lower.

   2 sets of 12-15 of each exercise

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