

## SHIN SPLINTS

*Shin splints aren't really a single medical condition. Instead, they're just a symptom of an underlying problem. They might be caused by:*

- *Irritated and swollen muscles, often caused by overuse*
- *Stress fractures, which are tiny, hairline breaks in the lower leg bones*
- *Overpronation/"flat feet" -when the impact of a step causes the arch of your foot to collapse, stretching the muscles and tendons*

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### AMPLE SHIN SPLINT REHABILITATION ROUTINE

ICE BATH 2-3x/week

- x30 seconds foot massage w/lacrosse ball, tennis, or baseball
- Standing on one leg, barefoot: Write alphabet with each ankle. (Close eyes for added difficulty)
- 2x5 knee push (front foot 6" behind wall, keep foot flat, push knee into wall)
- 1 foot calf raise 3x10 (tempo: 3313) R=1' between sets (close eyes for added difficulty)
- Toe on Wall knee push 2x10

SAND PIT (=up and back)

- Ball of feet – toes in ('calf raise' by pushing up off of big toe)
- Ball of feet – toes out ('calf raise' by pushing up off of big toe)
- Inside of foot ('calf raise' by pushing up off of big toe)
- Outside of foot ('calf raise' by pushing up off of pinky toe)
- Heel walk (focus on pulling toes up toward shin for entire set)

REST 2'

- Ball of feet – toes in ('calf raise' by pushing up off of big toe)
- Ball of feet – toes out ('calf raise' by pushing up off of big toe)
- Inside of foot ('calf raise' by pushing up off of big toe)
- Outside of foot ('calf raise' by pushing up off of pinky toe)
- Heel walk (focus on pulling toes up toward shin for entire set)

SHOES ON

- Ankle rotations (x5 each leg) x5 (walk 20m between each set)
- Knee rotations (x5 each leg) x5 (walk 20m between each set)
- Calf stretch (1-2' each leg)

ICE 10-15' (ice massage preferred)