Shin Splints Care and Rehab

After seeing one of the Athletic Trainers, follow PRICE for the first 48-72 hours after injury. Incorporate the following exercises as instructed by the Athletic Trainers or your doctor. Ice after performing exercises. If anything is very painful, stop activity.

REST is the most important part of recovery for shin splints! Failure to rest could result in possible stress fractures. It is also important to make sure you are using the correct sneakers. A different kind of athletic shoe or insert can help reduce shin splint pain and rate of occurrence.

Calf Stretches: Facing a wall, stand with the affected leg behind you. Place your hands on the wall and lunge into the wall keeping your back leg straight and heel on the ground. Hold for 30 seconds. Repeat 3 times.

In the same position, lunge into the wall bending both knees while keeping you heel on the ground. Hold for 30 seconds. Repeat 3 times.
**Toe Raises**: Either standing or sitting, flex both feet so your toes come off the ground. Hold for 3 seconds. Repeat 20 times.

**Calf Raises**: Standing on both feet, raise up onto your toes. Hold for 3 seconds. Repeat 20 times.

**Heel/Toe Walking**: Walk on your heels 30 times. Walk on your toes 30 times.

**Step Ups**: Place foot on bench. Stand up onto bench by extending hip and knee of first leg and place other foot. Step down with second leg by flexing hip and knee of first leg. Return to original standing position by placing foot of first leg to floor. Repeat exercise with opposite leg, alternating starting foot.

**Soleus Squat**: Stand with your back against a wall and feet shoulder width apart. Slide down the wall so your knees are bent to a 90 degree angle. Next raise up onto your toes and hold for 20-30 secs. Repeat

**Bent Calf Raises**: Done just like the calf raise exercise above except on 1 foot. The foot you choose to stand on should be bent while doing the exercise as well.

**Soleus Bridges**: Lay on your back with the forefoot of your feet up on a step. Extend 1 leg out straight. Push your hips up off the ground. Lower hips down to the ground. Repeat.
Exercise programme for MTSS

1. Step ups
   Step up using the foot on the step not pushing up from the foot on the floor. Aim for 3 sets of 10-12 reps on each leg.

2. Soleus squat
   On both legs. Slide down the wall so your knees are flexed to around 90°. Push-up on your toes. Hold for 20-30 seconds. Repeat 4-6 times.

3. Bent leg calf raises
   Similar to the straight leg calf raise but with the knee flexed about 30°. 3 sets of 12 reps, slow and controlled. Add weight as able.

4. Single leg soleus bridge
   Place your forefoot on the edge of a step. Use your arms for support and lift your bottom off the floor using one leg. 3 sets of 8-12 reps on each leg.

5. Hips hitches
   Stand on the edge of a step. Keep your leg straight and hitch your hips up then slowly lower. 3 sets of 8-12 reps on each leg. Add weight as able, increase weight as able.

6. Calf raises
   3 sets of 15 reps (one each leg) on the edge of a small step, holding a 4kg weight. Keep it slow and controlled. Increase weight as able.

7. Side lying leg lift
   Lie on one side and lift the upper leg up, keeping the knee straight. Do 3 sets of 12-15 reps on each leg (until the glutes feel tired).

**Please note this is an example programme not a recipe!**