






P	R	I	C	E
Protect	Rest	Ice	Compress	Elevate
				
Protect your injury from further damage, for example, by using a support or splint.	Rest your injury for the first two to three days. You may need to use crutches if you've injured your leg and you want to remain mobile. Then reintroduce movement gradually so you don't delay your recovery by losing muscle strength.	Ice the painful area with a cold compress such as ice or a bag of frozen peas wrapped in a towel. This will help reduce swelling and bruising. Do this for 15 to 20 minutes every two to three hours. Don't apply ice directly to your skin as it can damage it.	Compress the injured area with an elastic bandage or elasticated tubular bandage to help limit swelling and movement. But don't leave the bandage on while you sleep.	Elevate your injury by resting it above the level of your heart and keep it supported. This could mean lying on the sofa with your foot on some cushions if you've injured your leg.

## Shin Splints Care and Rehab

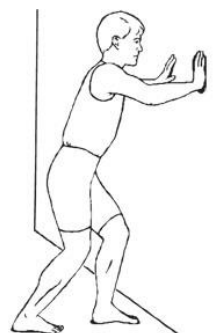
After seeing one of the Athletic Trainers, follow PRICE for the first 48-72 hours after injury. Incorporate the following exercises as instructed by the Athletic Trainers or your doctor. Ice after performing exercises. If anything is very painful, stop activity.

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.



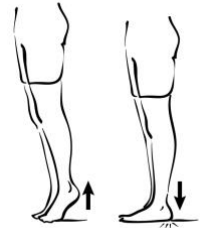
In the same position, lunge into the wall bending both knees while keeping your heel on the ground. Hold for 30 seconds. Repeat 3 times.



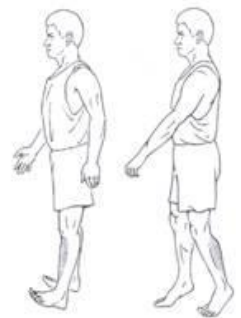
**Toe Raises:** Either standing or sitting, flex both feet so your toes come off the ground. Hold for 3 seconds. Repeat 20 times.



**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

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



### 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 80°. 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. Hip hitches

Stand on the edge of a  
 step. Keep your leg  
 straight and hitch your  
 pelvis up then slowly  
 lower. 3 sets of 8-12  
 reps on each leg.  
**Add weight as able,  
 in the opposite hand**



### 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).