

Shin Splint Prevention

1. Are your shoes worn out? Is it the right type of shoe for your feet?
2. Do you have flat feet? Do you wear insoles?
3. Exercises (should be done daily):
 - A. Calf Raises toes out (off of a stair): Stand with your heels together and toes pointed out. Slowly raise up onto your toes and lower yourself back down. Repeat 20 times.
 - B. Calf Raises toes in (off of a stair): Stand with your big toes together and heels far apart. Slowly raise up onto your toes, then lower yourself back down. Repeat 20 times.
 - C. Regular Calf Raises (off of a stair). Repeat 25 times.
 - D. Heel walk x 2 minutes
 - E. Toe walk x 2 minutes
 - F. Feet out walk x 2 minutes
 - G. Feet in walk x 2 minutes
 - H. Calf straight leg stretching x 2 minutes
 - I. Calf bent leg x 2 minutes

Ice, Ice, Ice – whirlpool or ice bucket is best

THERE ARE NO QUICK FIXES FOR SHIN SPLINTS!