# Get Your Shins Together!

## Shin Maintenance Program

**Day A:**

- **Soleus Raise 3x12**
- **Heel & Toe walks 3x15Yds each**
- **3-stance SL Balance 45 sec each**
- **3-way towel scrunch 3x3 each**
- **SL towel squats 3x8**

https://www.youtube.com/watch?v=A7s0Vbl7Bco

**DayB:**

- **Arch crunch with 2 sec holds 3x10**
- **Toe lift with 2 sec holds 3x10**
- **Calf raise + ball squeeze 3x12**
- **Windshield wipers 3x20**
- **SL balance + moving weight 3X45 sec**

https://www.youtube.com/watch?v=Zwdz5svVJUU

**Stretches/Rolling:**

- **Slow foam rolling**
- **Foot crunches over lax ball 1ox**
- **Gastroc/soleus stretch 2x30 sec each**
- **2-way slant board stretch 1ox each**
- **Monk stretch 2X30 sec**
- **Calf/foot PNF stretch 10/10/30 x4**

https://www.youtube.com/watch?v=FXET9sAUZKs&t=1s

**Tips:**

- **Scan codes and watch videos if unsure**
- **See ATs 1-2X/week for soft tissue work**
- **Start by doing maintenance 3x/week**
- **Do more/less maintenance based on how your body responds**