

COMMENTS:

As with all injuries, please be sure to check with your Athletic Trainer sooner than later for a brief evaluation. Shin Splints can lead to other major issues such as stress fractures and should be taken serious.

1. First make sure you are running in good shoes that have no more 300-400 miles (2-4 months old) on them. This time frame may be shorter if you are a long distance runner
2. Visit with your Local Athletic Trainer
3. Ice your shins for 30 minutes 2-3 times daily
4. Take care of your body outside of practice. Recovery is just as important if not more as the practice itself.



BALL STM

While seated, place a small ball under your foot and press into it while rolling it around.

Repeat	1 Time
Hold	1 Second
Complete	1 Set
Perform	1 Time(s) a Day



Elastic Band Foot Strengthening

Place elastic band over toes and around the heal. Keeping the ankle fixed use the toe flexor and extensor muscles to curl the toes.

Repeat	15 Times
Hold	10 Seconds
Complete	2 Sets
Perform	20 Time(s)

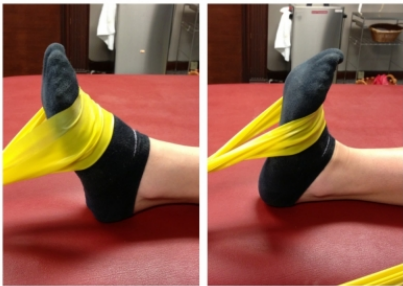
CURL TOES AGAINST BAND. HOLD FOR 10 SECS. REPEAT 15 TIMES



Plantarflexion

Sitting with leg straight, place the resistance band loop around your involved foot. While holding the other end of the band, point your foot down against resistance.

Repeat 10 Times
Complete 3 Sets
Perform 4 Time(s) a Week

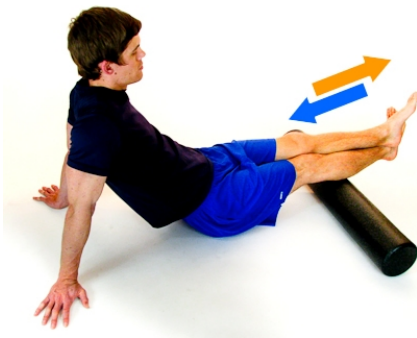


Dorsiflexion

Sitting with leg straight, place the resistance band loop around your involved foot. Wrap the band around a support or fixate the other end in a door. Pull your foot up against resistance.

Repeat 10 Times
Complete 3 Sets
Perform 4 Time(s) a Week

FOAM ROLL - CALVES BILATERAL



Start by sitting with the foam roll under your affected calf and cross your other leg on top.

Next, lift your body up with your arms and roll forward and back across your calf area.

Repeat 1 Time
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day

FOAM ROLL - QUADRICEP SINGLE



Start by lying face down so that a foam roll is under the top of your affected thigh. Cross your other leg over the top of your affected leg as shown.

Next, using your arms propped on your elbows, roll forward and back across this area.

Repeat 1 Time
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day



HAMSTRING STRETCH WITH TOWEL

While lying down on your back, hook a towel or strap under your foot and draw up your leg until a stretch is felt under your leg, calf area.

Keep your knee in a straightened position during the stretch.

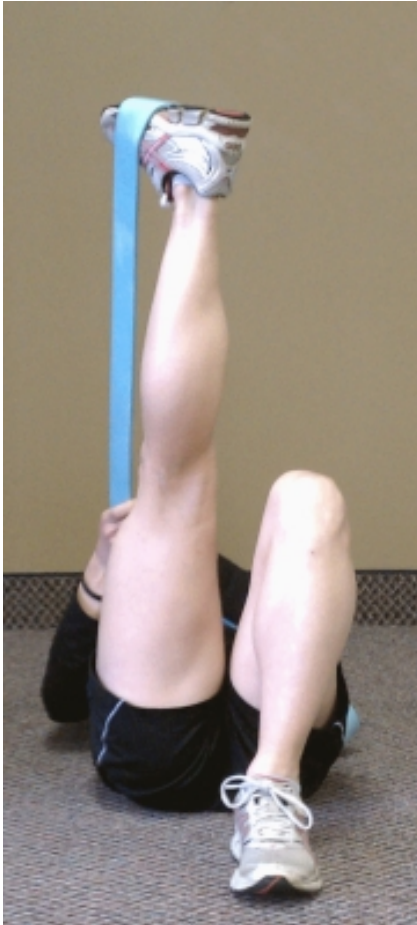
Repeat 1 Time
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day



Lateral hamstring stretch-supine

Lie on your back with a strap placed on the sole of your foot. Pull your leg upward in a neutral position (as performing a global hamstring stretch). When your leg is at its comfortable and maximal stretch position, gently internally rotate your hip / leg.

Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



Medial hamstring stretch-supine

Lie on your back. Place a strap under the foot of the leg to be stretched. Pull your leg upward in a neutral hip rotation position as if performing a global hamstring stretch. Once the leg is in a comfortable, but maximal stretch position, gently externally rotate your hip / leg.

Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day