



Shin Splint Maintenance

1



HEEL WALK

Raise up your toes and walk on your heels.

Complete 4 laps around the ATR

4



Soleus Stretch

While standing on slant board with both feet, slightly bend your knees. Slowly lean forward keeping both heels down on the board as shown. Lean until you feel a slight stretch in the back part of the calves.

Repeat 4 Times
Hold 15 Seconds
Complete 3 Sets

2



TOE WALK

Raise up your heels and walk on your toes.

Complete 4 laps around the ATR

5



Foam Roll - Shin Splints

While in a kneeling position on the foam roll, slowly roll back and forth through the lateral aspect of your shin, into the muscle (anterior tibialis). Perform for 20-30 reps at varying angles along the shin. If the intensity of the pressure is not enough, try performing one leg at a time

Repeat 30 Times
Complete 2 Sets

3



Gastroc Stretch

Stand on slant board with both feet. Slowly lean forward keeping both heels down on the board as shown. Lean until you feel a slight stretch in the back part of the calves. Remember to keep your knees straight.

Repeat 4 Times
Hold 15 Seconds
Complete 3 Sets

6



FOAM ROLL - CALVES

Start by sitting with the foam roll under your calves.

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

Repeat 30 Times
Complete 2 Sets

7

Ice for 10-15 minutes after practice.

