

Shin Splint Protocol

1. Pedal Elliptical for about 5 minutes alternating forward and backward pedaling.
2. Place a block between your feet in standing. Lift heels then toes onto the block. Lower heels than toes onto the floor. X 1 minute
3. Place block between the front part of both feet and stand with your back against the wall. Lift block up with the front part of your feet. Don't allow yourself to sway backward. X 1 minute
4. Use yellow disks for 1 minute on each side making sure you hit all the edges. Don't allow your hips to move.
5. Place long tubing with handles under the beam. Hold handles of tubing taut. Raise up onto your toes and slowly lower back down. X 1 minute each side.
6. Place band around the front part of your feet and place feet hip distance apart. Push against band with the front part of your feet. Don't allow knees or hips to move. (Ie Ankles Out exercise). X 1 minute
7. On a block or stair drop heel down stretching calf. Slowly lower up onto your toe as high as you can then slowly lower back down to starting position. X 1 minute each side.
8. In kneeling position - place block or tennis ball under the front of your toes and push heel downward stretching the front of your foot.
9. Do heel cord stretches in either downward dog or by lunging toward the wall. Make sure your feet are straight forward (no toe out or toe in) and your heel is on the ground.
10. Roll out the front and back of your lower leg.