

Shin Splints

Shin Splints is a term that describes any running or exercises related pain felt in the anterior part of the lower leg. It is a warning sign and should be treated adequately. The causes of shin splints are commonly weak calf muscles, tight front leg muscles, lack of ankle mobility and heel striking. Those exercises below address in part those issue, especially if done daily:

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DYNAMIC CALF STRETCH

Instructions:

In a pyramid position, push one of your heel down . Repeat 15 times with alternating legs, rhythmically.



ANTERIOR TIBIAL STRETCH

Move your foot downwards and use your hand to add an extra stretch. Keep it for 5 breathing cycle, repeat 3x.



CALF RAISES

Rise up on your toes. Slowly lower your body weight down, controlling all along. Do 3 sets of 10 repetitions.



If you suffer from shin splints, what can you do?

- When in pain, use the RICE method: Rest your legs, Ice the shin, Compression (using bandage or KinesioTaping), Elevation of the lower leg.
- If you are a runner, adjust striking mid-foot, keep the strides short but increase gradually your speed. Build up your running distance or duration progressively and use supportive shoes that maintain your foot in alignment.
- If you still suffer from it, seek help of a healthcare provider. They will provide you with adequate exercises and treatments, and eventually advise on the use of orthotics.