

Shin Splint Exercises

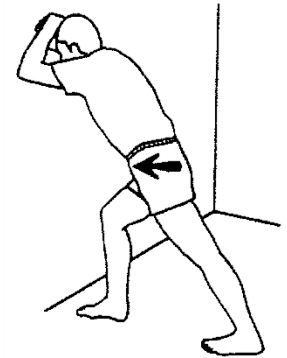


Dr. Ho

STRETCHING

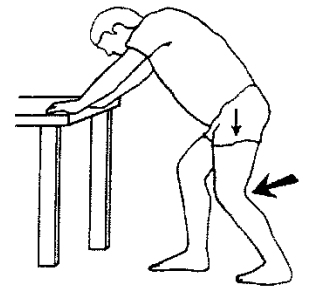
Standing Gastrocnemius Stretch

- Standing in front of a wall, place both hands on the wall, and step back with the leg you are planning to stretch, keeping the other, supporting leg forward and bent at the knee.
- Turn the foot of your stretching leg inward (so that your toes are pointing at the wall in front of your supporting leg). Keep the stretching leg's heel on the floor.
- Slowly lean forward and feel the gentle stretch in the back of your calf.
- Hold the stretch for 15-30 seconds.
- Relax and take a deep breath. This is one repetition.
- Do several sets of 3 repetitions for each leg, a day.



Standing Soleus Stretch

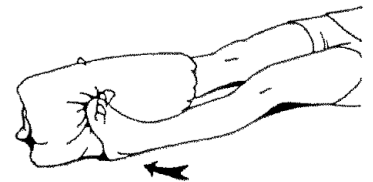
- This exercise is performed the same way as the standing calf stretch above, except you keep the stretching leg's knee slightly bent.
- You will feel the stretch in a different area in the back of your calf.
- Once again, it is important to keep the stretching leg's heel to the floor and foot turned slightly inward.



STRENGTHENING

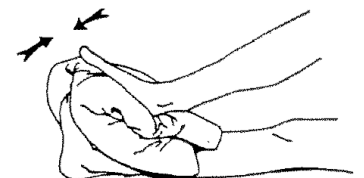
Inversion Strengthening

- Press inward with to affected foot against the other foot, wall or door jam.
- Hold for 10 seconds.
- Perform 3 sets of 10 repetitions.



Dorsiflexion Strengthening

- Resist the upward motion of the foot of the affected leg with the other foot.
- Attempt to lift the foot up for 10 seconds.
- Perform 3 sets of 10 repetitions.



Excerpted from the premier patient guide to sports injuries, *100 Questions & Answers About Your Sports Injury*. Howard TM, **Ho GWK**, Lewis J. *100 Questions & Answers About Your Sports Injury*. Sudbury: Jones and Bartlett Publishers 2008.

*If you have any problems or questions,
please call your doctor's office (8am-5pm).*

Answering service for after hours.

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