

Council Rock High School South

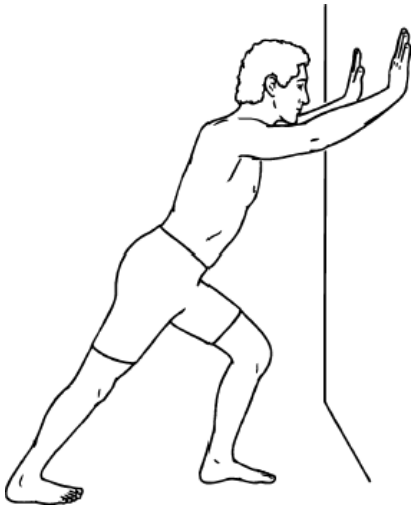
Shin Splint Rehab Routine



Heat, Foam Roll, **STRETCH STRETCH STRETCH**, Ice

Rehab Exercises:

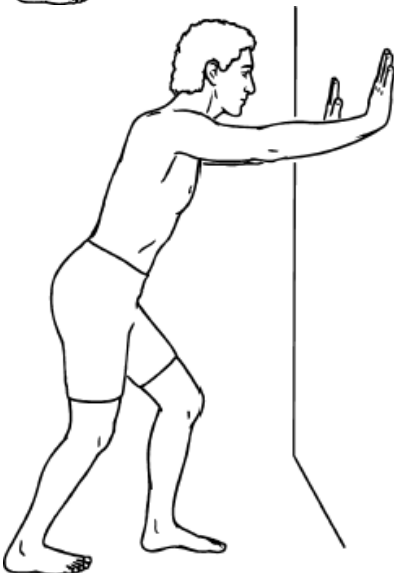
➤ Stretches:



✓ **Gastroc Stretch**

- Stand with the leg to be stretched behind other leg. Keep the heel on the ground. Keeping the back leg straight, lean in towards the wall. You should feel the stretch in the back of your calf.

- 3 sets
- 30 seconds each
- 2-3 times per day



✓ **Soleus Stretch**

- Stand with leg to be stretched in back. Keeping the heel on the ground, bend your knee slightly while leaning into the wall. You should feel a stretch in the back of the calf near the ankle.

- 3 sets
- 30 seconds each
- 2-3 times per day



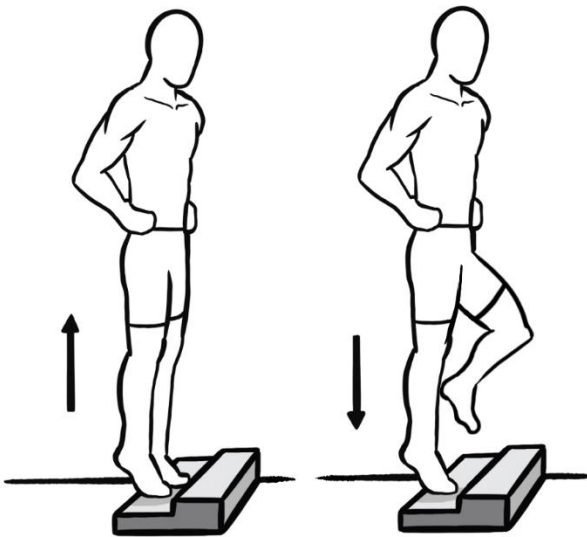
✓ Heel Dip Stretch

- Stand straight on a bench, stool, or step. Hold a bar or stairwell for support. Keep the unaffected foot stable on the step (including the heel), soften the knee. Drop your heel of the affected leg, keep the knee straight.
 - 3 sets
 - 30 seconds each
 - 2-3 times per day

➤ Exercises:

✓ Eccentric Heel Raises on Step – Unilateral

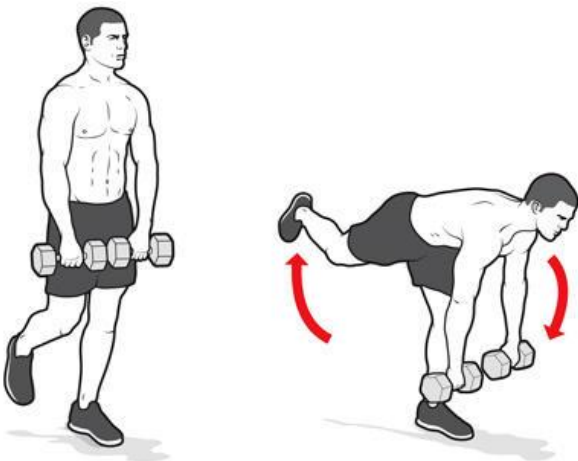
- Stand with both feet on the edge of a step so that your heels are off the edge of the step as shown. Press down through your toes as you raise your heels upward. Next, lift the non-target foot off the step so that you are standing on one leg. Then, lower the heel of the foot that is on the step back down. Place both feet on the edge of the step and repeat. **(DO BOTH SIDES)**



- 3 sets
- 10 reps each
- 2-3 times per day

✓ Single Leg RDL

- Start in an upright, single leg position with your core and glutes engaged, and one leg in hip flexion at 90 degrees. Push your hips back keeping a neutral spine and reach with your hand to your opposite foot. Bend your supporting leg slightly, squeeze your glutes and drive your leg back up to starting position.



- 3 sets
- 10 reps each
- 2-3 times per day



✓ **Seated Ankle Dorsi-flexion: 3 Way**

- Seated on a surface with both feet flat on the ground. Place ankle weights on feet and secure them around the midfoot. Lift feet straight upward (toes to you), lift feet up and inward, lift feet up and outward
 - 3 sets
 - 10 reps each
 - 2-3 times per day

✓ **Single Leg Bridge on Step - SOLEUS**



- Lie on your back with your knees bent and both feet on a step. Place your feet so that just the toes and forefoot are on the step and the heels are off the edge of the step. Start by lifting one foot up and off the step and then press down with the toes of the other foot that is on the step to raise up your buttocks and back off the floor as shown. Maintain your pelvis level the entire time. Hold, return to starting position and repeat.

- 3 sets
- 10 reps each
- 2-3 times per day

✓ **Wall Squat with Heel Raise**



- Leaning on wall, slowly lower buttocks until thighs are parallel to floor. Maintaining squat position, lift both heels off the floor. Goal: 5-10 heel raises in 10 seconds.

- 3 sets
- 10 second holds
- 2-3 times per day



✓ Wall Squat with Toe Raise

- Leaning on wall, slowly lower buttocks until thighs are parallel to the floor. Maintaining squat position, lift both toes off the floor. Goal: 5-10 toe raises in 10 seconds.
 - 3 sets
 - 10 second holds
 - 2-3 times per day

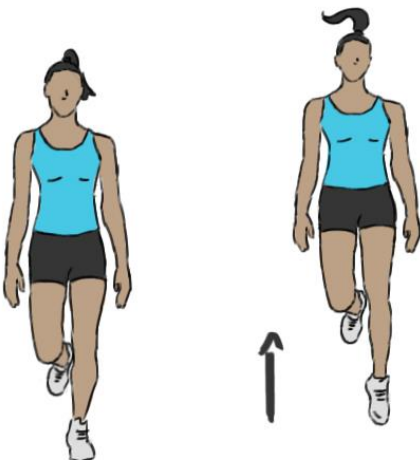


✓ Anti-Rotation Dead Bug

- Start with TheraBand/cable directly to the side. Laying on the back, bring the hips and knees up to a 90/90 position, keeping the low back pressed gently into the floor. Slowly extend the arms straight over the shoulders, and slowly lower one leg at a time toward the floor. Keep the core engaged by keeping the low back gently pressing into surface. Tap the floor with the foot and return to starting position.
 - 3 sets
 - 10 reps each
 - 2-3 times per day

✓ Single Leg Pogo Jumps

- Jump in place no more than 2in. from the ground by propelling yourself up off your toes. Keep arms by your side and maintain a neutral trunk position.
 - 3 sets
 - 15 reps each
 - 2-3 times per day



✓ Single Leg Woodpecker



- Stand on one leg and shift your body weight forward, attempting to touch your nose to the wall. When shifting forward, keep your ankle, knee, hip, and shoulder in a straight line. Once at the final position (left photo) hold for a second and come back to the starting position.

- 3 sets
- 10 reps each
- 2-3 times per day

✓ Skier Jumps



- Standing on one foot, jump sideways and land on your opposite foot. Maintain your balance once you land, then jump back to the other foot. When landing, make sure your knee stays over your toes and doesn't 'wobble' in or out. It can help to do this in front of a mirror so you can watch your knees.

- 3 sets
- 10 reps each (back and forth is one)
- 2-3 times per day

Created by:

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