

SHIN SPLINT ROUTINE

-x30 seconds foot massage w/lacrosse ball

-400m barefoot (grass preferred)

- Alternate 50m 'bouncy walk', 50m regular walk

-Standing on one leg, barefoot: Write alphabet with each ankle. (Close eyes for added difficulty)

-2x5 knee push (front foot 6" behind wall, keep foot flat, push knee into wall)

-1 foot calf raise 3x10 (tempo: 3313) R=1' between sets (close eyes for added difficulty)

-Toe on Wall knee push 2x10

SAND PIT (=up and back)

-Ball of feet – toes in ('calf raise' by pushing up off of big toe)

-Ball of feet – toes out ('calf raise' by pushing up off of big toe)

-Inside of foot ('calf raise' by pushing up off of big toe)

-Outside of foot ('calf raise' by pushing up off of pinky toe)

-Heel walk (focus on pulling toes up toward shin for entire set)

Rest 2'

-Ball of feet – toes in ('calf raise' by pushing up off of big toe)

-Ball of feet – toes out ('calf raise' by pushing up off of big toe)

-Inside of foot ('calf raise' by pushing up off of big toe)

-Outside of foot ('calf raise' by pushing up off of pinky toe)

-Heel walk (focus on pulling toes up toward shin for entire set)

SHOES ON

-Ankle rotations (x5 each leg) x5 (walk 20m between each set)

-Knee rotations (x5 each leg) x5 (walk 20m between each set)

-Calf stretch (1-2' each leg)

ICE 10-15' (ice massage preferred)