



A proud member of UNIVERSITY of MARYLAND SPORTS MEDICINE

Exercises for Shin Splints

 1. Step Ups Step forward and up on a box, leading with involved leg. Step down with same leg, returning to the starting position. Increase the height of the box as technique and strength increases. 3 sets of 8-12 3. Bent Knee Calf Raises Stand on involved go on a step and bend knee slightly. Rater heel slowly and controlled up and down. 3 sets of 8-12 5. Hip Hikes Stand on the edge of a step. Keeping your leg straight, hite the opposite side of the periors up and slowly lower. 3 sets of 12-15. 6. Calf Raises Stand on involved for a step. Keeping your leg straight, hite the opposite side of the periors up and slowly lower. 3 sets of 12-15. 7. Side Lying Abduction Lay on one side. Bend leg under for support, keep top kneet straight and lift straight up. 3 sets of 12-15. 8. 4-Way Ankle Loop elastic band around involved foot, stabilize with opposite. Reach ut and slowly back, limiting knee movement. 8. 4-Way Ankle Loop elastic band around involved foot, stabilize with opposite. Reach ut and slowly back, limiting knee movement. 1. Side Lying Abduction Lay on one side. Bend leg under for support, keep top kneet straight and lift straight up. 3 sets of 12-15. 8. 4-Way Ankle Loop elastic band around involved foot, stabilize with opposite. Reach ut and slowly back, limiting knee movement. 1. Loop elastic band around involved foot, stabilize with opposite. Reach out and slowly back, limiting knee movement. 1. Loop elastic band around involved foot and bend knee. Stabilize with opposite leg over. Reach in and slowly return, limiting knee movement. 1. Loop elastic band around involved foot and bend knee. Stabilize with opposite leg over. Reach in and slowly return, limiting knee movement. 1. Loop elastic band around involved foot and bend knee. Stabilize with opposite leg straightered. Pull foot up and slowly lower. 	Exercises for Shin Splints				
Stand on involved leg on a step and bend knee slightly. Raise heel slowly and controlled up and down. 3 sets of 8-12 Place ball of involved foot on the edge of a step. With arms flat on the floor, raise hips into a bridge, keeping the opposite leg straight 3 sets of 8-12 5. Hip Hikes Stand on the edge of a step. Keeping your leg straight, hike the opposite side of the pelvis up and slowly lower. 3 sets of 12-15. 6. Calf Raises Stand on involved leg on a step. Slowly raise heel up and lower past edge of step. 3 sets of 12-15. 7. Side Lying Abduction Sets of 2-15. Lay on one side. Bend leg under for support, keep top knee straight and lift straight up. 3 sets of 12-15. 8. 4-Way Andle Loop elastic band around involved foot, stabilize with opposite leg over. Reach out and slowly back, limiting knee movement. Loop elastic band around involved foot, stabilize with opposite leg over. Reach in and slowly back, limiting knee movement. Loop elastic band around involved foot and bend knee. Stabilize with opposite leg Loop elastic band around involved foot and bend knee. Stabilize with opposite leg	9 9 1	Step forward and up on a box, leading with involved leg. Step down with same leg, returning to the starting position. Increase the height of the box as technique and strength	2.	Feet shoulder width apart, slide down the wall so knees are flexed to 80°. Raise heels off the ground. Hold for 20-30 seconds, 3-5	
Stand on the edge of a step. Keeping your leg straight, hike the opposite side of the pelvis up and slowly lower. 3 sets of 12-15. Stand on involved leg on a step. Slowly raise heel up and lower past edge of step. 3 sets of 12-15. Image: Stand on involved leg on a step. Slowly raise heel up and lower past edge of step. 3 sets of 12-15. Stand on involved leg on a step. Slowly raise heel up and lower past edge of step. 3 sets of 12-15. Image: Stand on involved leg on a step. Slowly raise heel up and lower past edge of step. 3 sets of 12-15. Image: Stand on involved leg on a step. Slowly raise heel up and lower past edge of step. 3 sets of 12-15. Image: Stand on involved leg on a step. Slowly raise heel up and lower past edge of step. 3 sets of 12-15. Image: Stand on involved leg on a step. Slowly raise heel up and lower past edge of step. 3 sets of 12-15. Image: Stand on involved leg on a step. Slowly raise heel up and lower past edge of step. 3 sets of 12-15. Image: Stand on involved foot. Push forward as far as possible and return slowly. Image: Stand and Image: Stand on involved foot, stabilize with opposite. Reach out and slowly back, limiting knee movement. Image: Stabilize by crossing opposite leg over. Reach in and slowly return, limiting knee movement. Image: Stabilize with opposite leg over. Reach in and slowly back knee. Stabilize with opposite leg Image: Stabilize with opposite leg	f	Stand on involved leg on a step and bend knee slightly. Raise heel slowly and controlled up and down. 3 sets of 8-12	4.	Place ball of involved foot on the edge of a step. With arms flat on the floor, raise hips into a bridge, keeping the opposite leg straight. 3 sets of 8-12	
Lay on one side. Bend leg under for support, keep top knee straight and lift straight up. 3 sets of 12-15. Loop elastic band around involved foot. Push forward as far as possible and return slowly. Loop elastic band around involved foot, stabilize with opposite. Reach out and slowly back, limiting knee movement. Loop elastic band around involved foot, stabilize by crossing opposite leg over. Reach in and slowly return, limiting knee movement. Loop elastic band around involved foot and bend knee. Stabilize with opposite leg Loop elastic band around involved foot and bend knee. Stabilize with opposite leg	St th	tand on the edge of a step. Keeping your leg straight, hike ne opposite side of the pelvis up and slowly lower. 3 sets of	6.	Stand on involved leg on a step. Slowly raise heel up and lower	
2 sets of 12-15 of each exercise	La	ay on one side. Bend leg under for support, keep top knee	8.	 Loop elastic band around involved foot. Push forward as far as possible and return slowly. Loop elastic band around involved foot, stabilize with opposite. Reach out and slowly back, limiting knee movement. Loop elastic band around involved foot, stabilize by crossing opposite leg over. Reach in and slowly return, limiting knee movement. Loop elastic band around involved foot and bend knee. Stabilize with opposite leg straightened. Pull foot up and slowly lower. 	