

1



Foam Roll - Shin Splints

While in a kneeling position on the foam roll, slowly roll back and forth through the lateral aspect of your shin, into the muscle (anterior tibialis). The goal is increasing the pliability to the muscle prior to a stretching routine. Perform for 4 reps at varying angles along the shin.

If the intensity of the pressure is not enough, try performing one leg at a time

Repeat 4 Times
 Hold 30 Seconds
 Perform 1 Time(s) a Day

2



FOAM ROLL - CALVES BILATERAL

Start by sitting with the foam roll under your affected calf and cross your other leg on top.

Next, lift your body up with your arms and roll forward and back across your calf area.

Repeat 4 Times
 Hold 30 Seconds
 Perform 1 Time(s) a Day

3



Golf ball rolling - plantar fascia

Sit in a chair and place a golf ball on the floor underneath your foot. Use the weight of your leg to press your foot down into the golf ball, rolling the ball on your plantar fascia. Move the ball around in the middle, between your heel and the ball of your foot.

Repeat 4 Times
 Hold 30 Seconds
 Perform 1 Time(s) a Day

4



ProStretch

Stand on ProStretch and feel stretch in calf muscle.

Repeat 5 Times
 Hold 20 Seconds
 Perform 1 Time(s) a Day

5



Soleus Towel Stretch

Bend knee slightly. Loop belt or towel around ball of foot and toes. Pull toes towards nose until stretch is felt in the calf.

Repeat 4 Times
 Hold 20 Seconds
 Perform 1 Time(s) a Day

6



STANDING CALF STRETCH - GASTROCNEMIUS

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch. Keep heel on the ground.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

Repeat 4 Times
 Hold 20 Seconds
 Perform 1 Time(s) a Day

7



Downward Dog Ankle Stretch

Utilize the downward facing dog yoga position.

Place one ankle on maximal stretch.

Repeat 2 Times
Hold 20 Seconds
Complete 1 Set
Perform 1 Time(s) a Day

Perform this twice on both sides.

8



Kneeling Anterior Tibialis Stretch

Sit back on (fully plantarflexed) foot & ankle

Repeat 4 Times
Hold 20 Seconds
Perform 1 Time(s) a Day

9



Full depth calf raise on a step

Stand on a step so that your heels are able to drop down below the box. This is your starting position. Next, raise up onto your toes so that you are standing as tall as possible. Lower back down to the starting position and repeat the exercise.

Repeat 15 Times
Complete 3 Sets
Perform 1 Time(s) a Day

10



SINGLE LEG BRIDGE ON STEP - SOLEUS

Lay 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.

Repeat 15 Times
Hold 3 Seconds
Complete 3 Sets
Perform 1 Time(s) a Day

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.