



3 DIMENSIONAL
PHYSICAL THERAPY

Exercises for Shin splints

Gastroc Stretch



Knee will be straight or close to straight to keep the muscle lengthened. Drive the knee over the toe in order to bend the ankle and a stretch should be felt in the back of the calf and behind the knee.

Reps: 10 seconds

Sets: 10 sets

Frequency: 1x/day (not all before practice)

Soleus Stretch



Knee will be bent so that the gastrocnemius is not stretched. Drive the knee over the toes so that you feel a stretch in the back of the calf down to the heel.

Reps: 10 seconds

Sets: 10 sets

Frequency: 1x/day (not all before practice)

Calf Raise with Ball squeeze



Squeeze a ball between the ankles at the bony part. Lift the heels off the ground, coming up onto the toes and hold for 1 second at the top before slowly coming back down.

Reps: 8-12

Sets: 3

Frequency: 3x/week (not back to back days)

Eccentric Calf Raise



Stand on both toes as high as you can and shift weight to one leg, picking up the opposite. Slowly lower the weight bearing heel to the ground(3-5 seconds), working the calf muscles.

Reps: 8-10

Sets: 3

Frequency: 3x/week (not back to back days)



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Toe Yoga



Treat the big toe as one and the other four toes as a single unit. Extend(point) the big toe while flexing(curling) the rest of the toes. Follow this by reversing the motion. If you have a hard time doing this, you can use your fingers to secure the big toe down as you move your other four toes and vice versa.

Reps: 10
Sets: 3
Hold: 5s
Frequency: daily

Toe Splay



Starting position is seated barefoot with heel of foot on the ground and foot pointed up. Begin exercise by spreading toes and creating as much space between them as possible and then bringing them back together. Perform for specified number of repetitions.

Reps: 10
Sets: 3
Hold: 5s
Frequency: daily

Toe Walks



While standing, lift your heels off the ground. Keeping your heels up, walk ~10 feet while on your toes. Then, walk back. Take a break and repeat

Reps: out and back counts as one, 3
Sets: 3
Frequency: 3x/week (not back to back days)

Ankle Inversion in Sitting



Starting Position: Begin seated in a chair. Anchor band to the floor with your unaffected foot. Cross your affected foot over the anchored leg and place band around your forefoot. Movement: Move your affected foot up towards the ceiling against the band's resistance. Repeat as prescribed. Tip: Move from your ankle joint only.

Reps: 8-12
Sets: 3
Frequency: 3x/week (not back to back days)



Exercises for Shin splints

Single Leg Heel Raises



Begin by standing in front of a stable surface on the leg you wish to exercise. Gently lift your heel off of the ground and push up onto your toe keeping your knee straight. When fully lifted, slowly lower your heel back to the ground. Repeat as directed.

Reps: 8-12

Sets: 3

Frequency: 3x/week (not back to back days)

Cone Pick ups



Stand and bend over on one leg, hinging at the hips and keeping the back straight, to put down a cone (or any other object) on the floor. Keep your core engaged and your hips and shoulders square to the floor. Repeat with 5-6 cones. Then, pick them all back up, still standing on one leg and keeping your hips square to the floor. Repeat as directed.

Reps: 5 cones up and down=1, 3x

Sets: 5

Frequency: 3x/week (not back to back days)