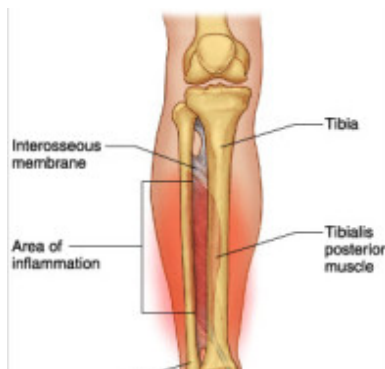


INJURY PREVENTION AND RECOVERY:

SHIN SPLINTS

AREA OF PAIN – SHIN SPLINTS:



- Pain typically manifests on the inside of the shin near the border of the tibia
- Pain will move from dull to sharp throughout the duration of a run
- Can develop into a Stress Fracture if not treated

PLAN FOR RECOVERY

- Dealing with injury requires a commitment to the recovery process.
- Attend practice DAILY and follow the Stage 1 or Stage 2 plans for recovery.
- Cross train daily with activities approved by your coach.

STAGE 1 – PREVENTION OR ON-SET

MONDAY, WEDNESDAY, FRIDAY

- 2 x Ab Routines “A”
- 1 x General Strength
- 1 x Specific Strength
- Massage / Foam Roller

TUESDAY, THURSDAY, SATURDAY

- 2 x Ab Routine “B”
- 1 x Form Drills
- 1 x Specific Strength
- Ice

RUNNING MINUTES

DAYS 1,2,3 – Warm-up, Plyos, 5-10min run (easy pace)

DAYS 4,5,6 – Warm-up, Plyos, 15-20min run (easy pace)

→ **AFTER THE 6 DAYS** report to the Coaches on the progress of your injury. Get cleared to return to full training or to begin an every other day cross training plan (using one of the 5 team stationary bikes).

***ROUTINES LISTED ON THE BACK**

STAGE 2 – FULL INJURY

MONDAY, WEDNESDAY, FRIDAY

- 2 x Ab Routines “A”
- 1 x Form Drills
- 1 x General Strength
- 1 x Specific Strength
- Massage / Foam Roller

TUESDAY, THURSDAY, SATURDAY

- 2 x Ab Routine “B”
- 1 x Form Drills
- 1 x General Strength
- 1 x Specific Strength
- Ice

RUNNING MINUTES

DAYS 1,2,3 – Warm-up, Plyos

DAYS 4,5,6 – Warm-up, Plyos, 5-10min run (easy pace)

DAYS 7,8,9 – Warm-up, Plyos, 15-20min run (easy pace)

→ **AFTER THE 9 DAYS** report to the Coaches on the progress of your injury. Get cleared to return to full training or to begin an every other day cross training plan (using one of the 5 team stationary bikes).

INJURY PREVENTION AND RECOVERY:

SHIN SPLINTS

ABS "A"

1. Heel Touch Crunches (1min)
2. Side Heel Touches (1min)
3. Regular Plank (1min)
4. Straight Leg Lifts (1min)
5. Mummies (1min)
6. Bicycle Crunches (1min)

ABS "B"

1. "V" Sits – Runners (30sec)
2. Supermans (1min)
3. "V"Sits - Flutter Kicks (30sec)
4. Reverse Plank (1min)
5. "V"Sits - Scissor Kicks (30sec)
6. Bent-Arm Side Plank (45sec each)
7. Side-winder Sit-Ups (1min)

FORM DRILLS

1. "A"Walks (30sec)
2. "A" Skips (1min)
3. Bound Ups (Uphill) (1min 30sec)
4. Pacers "A" (1min)
(High Knees 180 step per min)
5. Pacers "B" (1min)
(Butt Kickers 180 step per min)
6. Ground Runners (1min)
(Arm Swings 180 per min)

GENERAL STRENGTH

1. Forward Lunges (Alternating) (1min 30sec)
2. Single Leg Bridges (Left, then Right) (45sec each)
3. Straight Leg Clams (Left, then Right) (45sec each)
4. Calf Raises (Left, the Right) (45sec each)
5. Hip Dips (Left, the Right) (45sec each)

MASSAGE / FOAM ROLLER

Massage the Calf deeply focusing on areas that feel tight. If not directly massaging, use "the stick" instead of a "foam roller". Do not massage in the direction away from the shin bone, always towards the shin.

ICING

Ice the area of the shin for 7-10min. Avoid having ice directly touch the skin. A frozen "Dixie" cup can be perfect for icing.

If any of the exercises listed cause an increase in your pain, stop immediately and talk to your coach before continuing.

SPECIFIC STRENGTH

The following are specific exercises to help strengthen the weak area associated with Shin Splints:

	<u>DAYS 1-3</u>	<u>DAYS 4-6</u>	<u>DAYS 7-9</u>
1. Heel Walks (toes in, toes out)	30 sec each	45 sec each	60 sec each
2. Toe Raises (left, then right)	30 sec each	45 sec each	60 sec each
3. Calf Stretches (bent, then straight)	2 x 30 sec	3 x 30 sec	3 x 30 sec
4. Alphabet Foot Tracers (R, L)	full alphabet with each foot		
5. Towel curls with Towel	90-120sec		
6. Fall Back Stretch			