

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.
- Part of the recovery process is strengthening the muscles, tendons & ligaments that are weak. These weak areas are the reason the injury occurred in the first place. Do not expect to fully recover by simply resting. Strengthening the body is a critical step in returning to full training.
- Continue Specific strength exercises two weeks after the injury is fully healed.
- **Attend practice DAILY and fill out an Injury Worksheet for Stage 1, 2, or 3 recovery.**

STAGE 1

3 DAY RECOVERY PLAN

INJURY PREVENTION

STAGE 2

6 DAY RECOVERY PLAN

INJURY ON-SET

STAGE 3

8 DAY RECOVERY PLAN

INJURY RECOVERY

**ROUTINES LISTED ON THE BACKSIDE*

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			