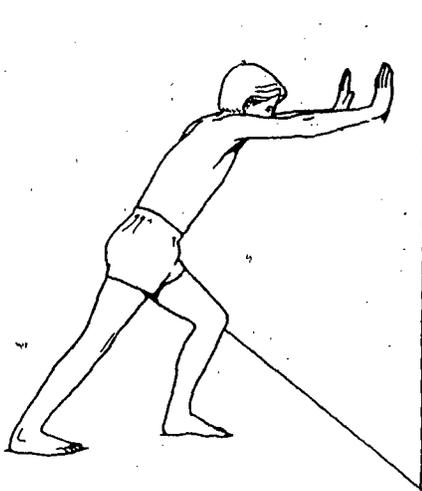


Shin Splints Prevention Stretches

ANKLE/FOOT - 14 Gastroc Stretch

Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf.

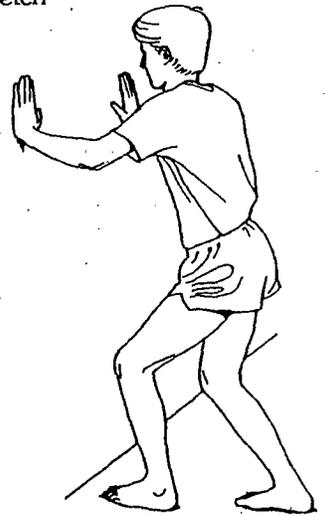
Hold 30 seconds.
Repeat 3 times/leg
Do 3 sessions per day.



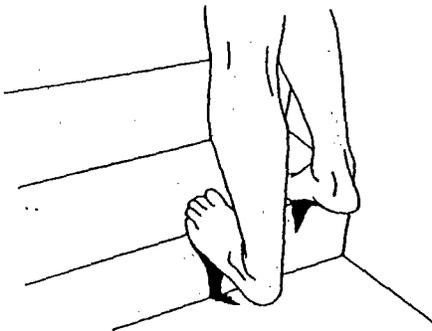
ANKLE/FOOT - 13 Soleus Stretch

Standing with both knees bent and involved foot back, gently lean into wall until stretch is felt in lower calf.

Hold 30 seconds.
Repeat 3 times/leg
Do 3 sessions per day.



ANKLE/FOOT - 12 Plantar Fascia Stretch



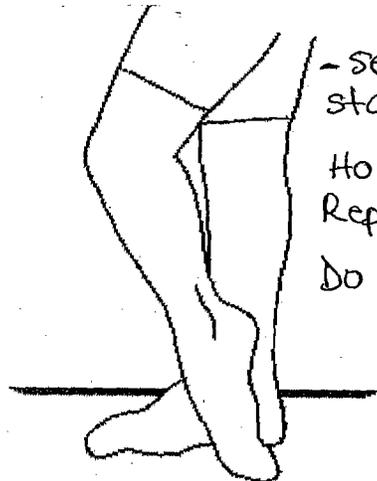
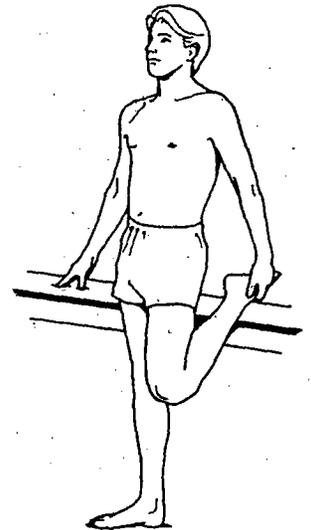
Standing with ball of foot on stair, reach for bottom step with heel until a stretch is felt through the arch of the foot.

Hold 20 seconds. Relax. Repeat 3 times.
Do 3 sessions per day.

HIP and KNEE - 37
Stretching
Quadriceps Stretch

Pull heel toward buttock until a stretch is felt in front of thigh.

Hold 30 seconds.
Repeat 3 times/leg
Do 3 sessions per day.



- seated or standing -

Hold 30 seconds
Repeat 3x/leg
Do 3x/day