**Shin Stretches and Exercises**

Below are stretches and Massages you can do to help shin pain. Use a lacrosse ball or a foam roller (or both) when doing these. Prioritize the “Smashing” and rolling techniques first. Do each for approx. 5mins.



These are the areas you want to target when using the lacrosse ball or foam roller

Move your foot around in all directions when applying pressure.

Apply Pressure with both hands





If you have calf pain, make sure you do this one

Apply pressure with both hands.



Do this especially if you have knee pain as well. Lax ball or roller work great



**These are additional stretches and exercises you can do. Confused with any? Ask a coach or google them.**

1) Duck Walks and Toe Walks – 3 x 50m of each (Just like how we start practice)

2) Calf Raises (outward heels) 3 x 20

3) Calf Raises on a step, stepping up then slowly bringing the heel down, below the step.

 3 x 15 both legs at same time

 2 x 15 one leg at a time

4) In a sitting position, trace the alphabet on the floor with your toes. Do this with each leg

5) When sitting in a chair on while in class tap your feet for about 1-2mins. Once you start to feel tightening, stop tapping, rest for a min and repeat. Do this 3 times

6) lay in bed on stomach with feet hanging off the end. Push against mattress with top of your foot.2 sets of 50

7) If you have a foam roller, roll out your calves and Achilles to relieve tension on the shins.

8) 12 min Ice cup massage (Freeze Dixie cups and tear away some of the cup to use as a ice massage.) If you don’t have ice cup then ice normally.

**Things to keep in mind…**

Forefoot striking typically causes less stress to the shin than heel striking.

Pay attention to your cadence (how many steps you take per min) You should be around 180 (90 per leg) If your cadence is off making adjustments to it can result in better running form and less stress on the shin

How old are your shows? More than 6 months? it might be time to get new shoes

Think about your diet. Are you getting enough calcium? Make sure you are drinking milk and finding ways to get calcium to make your bones strong.