**Treatment of shin splints**

**IF YOU DON’T DO EXERCISES / ICE AT HOME IT WONT GET BETTER. 15-20 MINS A NIGHT AND YOU WILL START TO SEE THE BENEFITS.**

**Short Youtube videos**

[**https://www.youtube.com/watch?v=i6ZU4eQ5ETo**](https://www.youtube.com/watch?v=i6ZU4eQ5ETo) **– Using a lax ball to massage the shin muscles**

[**https://www.youtube.com/watch?v=\_hCfnuSdmk8**](https://www.youtube.com/watch?v=_hCfnuSdmk8) **Using a foam roller to massage shin / Calf muscles.**

[**https://www.youtube.com/watch?v=7vZVq3ov914**](https://www.youtube.com/watch?v=7vZVq3ov914) **exercise to strengthen your legs / shins to prevent shin splints**

[**https://www.youtube.com/watch?v=9doh5iVIg1E**](https://www.youtube.com/watch?v=9doh5iVIg1E) **Another exercise to strengthen shins**

**Make sure you are also doing the following…**

1) Ice your shin to reduce inflammation. 15 mins on 15mins off for as many times as you can. It’s the best thing you can do, and in order for it to heal you need to be doing in several times nightly.

2) Gently stretch your Achilles if you have medial (inside shin) shin splints, and your calves if you have anterior (Font of shin) shin splints. Also, try this stretch for your shins: Kneel on a carpeted floor, legs and feet together and toes pointed directly back. Then slowly sit back onto your calves and heels, pushing your ankles into the floor until you feel tension in the muscles of your shin. Hold for 10 to 12 seconds, relax and repeat.

3) In a sitting position, trace the alphabet on the floor with your toes. Do this with each leg. Or alternate walking on your heels (Duck Walks) for 30 seconds with 30 seconds of regular walking. Repeat four times. These exercises are good for both recovery and prevention. Try to do them three times a day.

4) 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 little and repeat. This strengthens the muscles tendons and fibers around your shin.

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

6) Ask our trainer Gina Palermo to tape your shins before practice.

7) Make sure you wear the correct running shoes for your foot type specifically, overpronators should wear motion-control shoes. Severe overpronators may need orthotics. Old or incorrect running shoes are the leading cause to shin splints. If your shoes are older than 6 months you should consider getting new shoes.

8) 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.

If the pain begins to worsen make sure you tell a coach.