

SHIN SPLINTS

TOE DRAG



DESCRIPTION

Place affected foot behind you with toes pointed. Pull your body forward while keeping your toes in place to feel a stretch to the muscle on the front of your shin.

HOLD FOR 20 SECONDS.

REPEAT 3 TIMES.

PERFORM 2-3 TIMES DAILY

HEEL RAISES



DESCRIPTION

Standing on the edge of a stair let your heels drop down. Rise up onto the balls of your feet.

PERFORM 3 SETS OF 10-15 REPS

PERFORM 1 TIME DAILY

