

Shin Splints (Shin Pain): Exercises

Introduction

Here are some examples of exercises for you to try. The exercises may be suggested for a condition or for rehabilitation. Start each exercise slowly. Ease off the exercises if you start to have pain.

Your doctor or physiotherapist will tell you when you can start these exercises and which ones will work best for you.

How to do the exercises

Calf wall stretch (back knee straight)



1. Stand facing a wall with your hands on the wall at about eye level. Put your affected leg about a step behind your other leg.
2. Keeping your back leg straight and your back heel on the floor, bend your front knee and gently bring your hip and chest toward the wall until you feel a stretch in the calf of your back leg.
3. Hold the stretch for at least 15 to 30 seconds.
4. Repeat 2 to 4 times.

Calf wall stretch (knees bent)



1. Stand facing a wall with your hands on the wall at about eye level. Put your affected leg about a step behind your other leg.
2. Keeping both heels on the floor, bend both knees. Then gently bring your hip and chest toward the wall until you feel a stretch in the calf of your back leg.
3. Hold the stretch for at least 15 to 30 seconds.
4. Repeat 2 to 4 times.

Hamstring wall stretch



1. Lie on your back in a doorway, with your good leg through the open door.
2. Slide your affected leg up the wall to straighten your knee. You should feel a gentle stretch down the back of your leg.
 - a. Do not arch your back.
 - b. Do not bend either knee.
 - c. Keep one heel touching the floor and the other heel touching the wall. Do not point your toes.
3. Hold the stretch for at least 1 minute to begin. Over time, try to lengthen the time you hold the stretch to as long as 6 minutes.
4. Repeat 2 to 4 times.
5. If you do not have a place to do this exercise in a doorway, there is another way to do it:

6. Lie on your back and bend the knee of your affected leg.
7. Loop a towel under the ball and toes of that foot, and hold the ends of the towel in your hands.
8. Straighten your knee, and slowly pull back on the towel. You should feel a gentle stretch down the back of your leg.
9. Hold the stretch for 15 to 30 seconds. If you can, continue to hold the stretch for 1 minute.
10. Repeat 2 to 4 times.

Shin muscle stretch



1. Sit in a chair with both feet flat on the floor.
2. Bend your affected leg behind you so that the top of your foot near your toes is flat on the floor and your toes are pointed away from your body. If you need to, you can hold on to the sides of the chair for support.
3. Hold the stretch for at least 15 to 30 seconds. You should feel a stretch in the front (shin) of your lower leg.
4. Repeat 2 to 4 times.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor or nurse call line if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

For 24/7 nurse advice and general health information, call Health Link at 811.

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