

Get Your Shins Together!

Shin Maintenance Program

Day A:

- Soleus Raise 3x12
- Heel & Toe walks 3x15yds each
- 3-stance SL Balance 45 sec each
- 3-way towel scrunch 3x3 each
- SL towel squats 3x8



Day B:

- Arch crunch with 2 sec holds 3x10
- Toe lift with 2 sec holds 3x10
- Calf raise + ball squeeze 3x12
- Windshield wipers 3x20
- SL balance + moving weight 3x45 sec



Stretches/Rolling:

- Slow foam rolling
- Foot crunches over lax ball 10x
- Gastroc/soleus stretch 2x30 sec each
- 2-way slant board stretch 10x each
- Monk stretch 2x30 sec
- Calf/foot PNF stretch 10/10/30 x4



Tips:

- Scan codes and watch videos if unsure
- See ATs 1-2x/week for soft tissue work
- Start by doing maintenance 3x/week
- Do more/less maintenance based on how your body responds