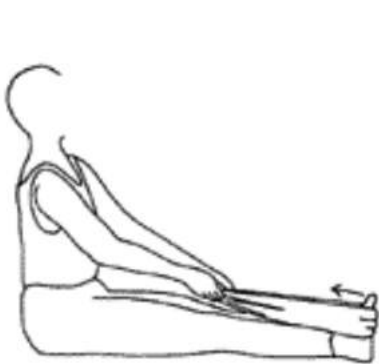


SHIN PAIN (SHIN SPLINTS) EXERCISES



Towel Stretch



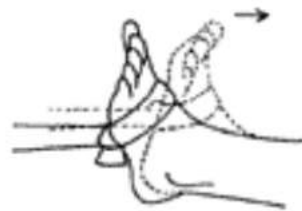
Standing calf stretch



Anterior compartment stretch



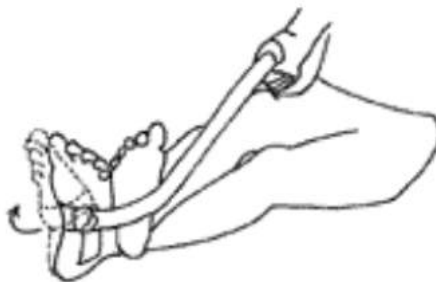
Active range of motion of the ankle



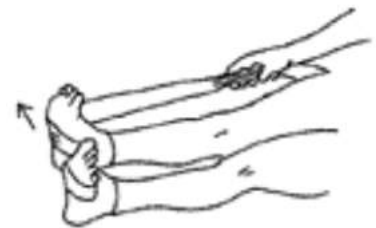
Resisted dorsiflexion



Resisted plantar flexion



Resisted inversion



Resisted eversion



Heel raises



Sitting toe raises



Standing toe raises