

I've Got Shin Splints... What Should I Do?

Many athletes (especially athletes who are new to track & field training) experience what is known as “shin splints”. Shin splints happen because the muscles around the shin and lower leg are weak and not strong enough to handle the volume of running that's taking place. The biggest thing to remember about shin splints is that they can be treated fairly easily and prevented all-together. YOU HAVE TO TAKE ACTION IF YOU WANT TO GET BETTER!

Along with REST and ICE (icing your shins every day for about 15 minutes), **here is a list of stretches that you should do daily** to strengthen the muscles around your shins, so that you will be stronger and not dealing with shin pain. Each one links to a video showing you how to do the stretch.

1. [Soleus Calf Stretch](#) (against the wall) - hold this position for 20 seconds then switch legs
2. [Foam Rolling](#) - roll for 20 to 30 seconds
3. [Seated Calf Stretch](#) - hold for 20 seconds. Relax. Repeat 3-5 times.
4. [Toe Taps](#)
5. [Towel Stretch](#) or resistance band
6. [Tibialis Anterior Stretch](#)
7. [Ankle Alphabet](#)