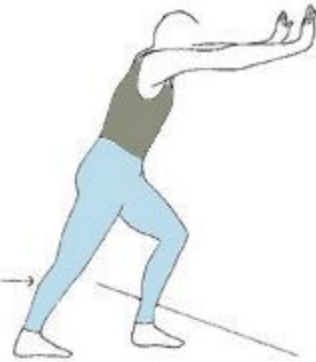


SHIN SPLINT EXERCISES



Towel stretch



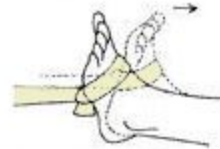
Standing calf stretch



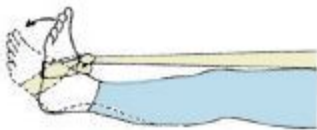
Anterior compartment stretch



Active range of motion of the ankle



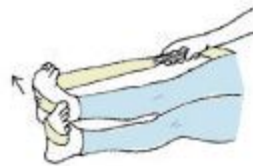
Resisted dorsiflexion



Resisted plantar flexion



Resisted inversion



Resisted eversion



Heel raises



Sitting toe raises



Standing toe raises