



## Shin Splints: FOOTWEAR CONSIDERATIONS

Proper footwear can decrease the risk for shin splints. Wear the right footwear for the right activity and replace shoes/boots often. If the shoes are showing wear on the outside, it is a good indicator that the insoles are not supportive anymore.

### More Ideas to Prevent Shin Splints:

- **Consider arch supports:** Often the insole that comes with the shoes is not as supportive as needed, especially if you have flat feet.
- **Slowly increase activity:** If you have a goal to increase your cardiovascular activity with running for example, start slowly. Shin splints often occur by starting with too much, too fast. Work your way up so that your muscles can build strength and stability.
- **Cross train:** Diversify your workouts. Try adding in things that are more low impact such as cycling, swimming etc.

### Strengthening Ideas:

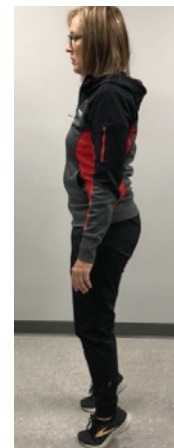


**Heel walking/  
toe raises:**  
Raise toes while keeping contact with heels on the floor. Walk forward while keeping toes lifted off.

Can also be done stationary: raise up toes and slowly lower. Repeat 3x10 times.



**Soleus raises:**  
Use a countertop, chair etc. for balance. Slightly bend knees and keep knees bent throughout whole motion as your raise up onto toes and back down. Repeat 3x10 reps.



**Calf raises:** Start on the ground, but as you progress use a stair or book for increased range of motion. Complete 3x10 reps.