
Fitness Tips

by Cari Draft Elliott, BS, CPT - ACE-Certified Personal Trainer

What can be done about shin splints?

Question: *I've recently starting exercising more than I usually do, and every time I walk or run I get painful shin splints. What am I doing wrong? What can be done?*

Answer: First thing to check is your SHOES! And... shin splints are common when people suddenly increase their activity level... stretching will help. Icing afterward helps as well.

BEST SHIN-SPLINT STRETCHES:

1. Kneeling position, point toes out behind and sit back on heels, pressing the tops of the feet into the ground. (pulls on knee & shin)
2. Standing just further than arm's length from the wall, place hands on wall, keep feet and knees straight, lean forward as far as possible. (calves)
3. Standing with feet flat, bend knees forward as far as possible keeping heels on floor. (squat)

STRENGTHENING EXERISES:

1. With socks off, gather up a towel that is flat on the floor, using only the toes.
2. Walking down steep hills.
3. With a partner hold down the others' feet which are flat on the ground. With resistance on their toes, have them lift their toes up. (this one's my favorite!)

Cari Draft Elliott is an ACE-Certified Personal Trainer who makes "house calls"! Please check out her website at www.oneononefitgirl.com and email your questions to cari@oneononefitgirl.com.
