

SHIN SPLINTS PREVENTION PROGRAM

“Shin splint” is a term used to describe a number of different conditions, such as tendonitis, that cause pain in the shin. Shin splints usually occur when you start to run or take part in other weight-bearing activities after a long layoff, but also can occur if you overstress the shin with activity that is too intense or too often without sufficient rest. The most common site of shin splints is on the inner (medial) side of your shin. Another common area where shin splints occur is along the front and outer (lateral) side of your shin. AFX enables you to strengthen the muscles and tendons of the foot and ankle, as well as the attachment points along the shin, to reduce your risk of developing shin splints.

PRECAUTIONS

- » If you have an existing injury of the foot or ankle, you must consult with a qualified healthcare practitioner before beginning this program;
- » If any sudden pain or discomfort is experienced during the program, stop immediately and consult a qualified healthcare practitioner;
- » Ensure at least 48 hours recovery between exercise sessions and gradually increase the number of sets and repetitions.

GUIDELINES

1. Please refer to the AFX Poster for more information regarding device set-up, increasing resistance, and directions for use.
2. Perform the strengthening exercises in the order shown.
3. Weeks 1 to 7: when 12 repetitions can be performed through a full range of motion, increase the resistance so that you are able to perform at least 8 repetitions. Work your way back up to 12 reps and repeat this cycle.
4. Weeks 3 to 7: when you can perform 2 or 3 sets of 12 repetitions for all strengthening exercises, increase to the next resistance level.

TRAINING PROGRAM - 3 sessions per week

Week 1: Intro

- » 1 set of 8 to 12 reps of each strengthening exercise (refer to Guideline 3 above).

Week 2: Adaptation

- » 2 sets of 8 to 12 reps of each strengthening exercise (refer to Guideline 3 above).

Weeks 3 to 7: Strength Phase

- » 2 to 3 sets of 8 to 12 reps of each strengthening exercise (refer to Guideline 4 above). Only progress to 3 sets of each exercise if your feet and lower legs do not feel overly fatigued during activity the day following exercise.
- » Optional: for optimal results, include eccentric loading for all the strengthening exercises shown below (refer to the AFX Eccentric Loading Program).

Weeks 8 to 12: Muscular Endurance Phase

- » Begin with 1 or 2 sets of 15 to 20 repetitions for each exercise, progressing to 3 sets of 15 to 20 repetitions;
- » When you can perform 3 complete sets of 20 repetitions, increase the resistance and return to 3 sets of 15 repetitions;
- » Progress again to 3 sets of 20 repetitions and increase resistance using the process outlined above;
- » If a plateau is reached, reduce the resistance level and perform 1 set of each exercise to exhaustion. When 50 repetitions can be performed, increase the resistance level and repeat this cycle.

MAINTENANCE PROGRAM: After completing the training program above, it is recommended that you follow the program below for 2 to 3 sessions per week.

Each session includes:

- » 1 set of 8 to 12 reps for each exercise including stretching and eccentric loading (optional);
- » 1 set of 15 to 20 reps for each exercise.

EXERCISES

1. Stretch Invertors



- » Ensure that toes are flexed
- » Hold for 15 to 30 seconds

2. Inversion



- » Ensure toes are flexed

3. Stretch Dorsiflexors



- » Hold for 15 to 30 seconds

4. Dorsiflexion



- » Focus on engaging the toes

5. Stretch Plantar Flexors



- » Hold for 15 to 30 seconds

6. Plantar / Toe Flexion



- » Focus on arching the foot and flexing the toes