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### Foam Roll - Shin Splints

While in a kneeling position on the foam roll, slowly roll back and forth through the lateral aspect of your shin, into the muscle (anterior tibialis). The goal is increasing the pliability to the muscle prior to a stretching routine. Perform for 15-20 reps at varying angles along the shin. If the intensity of the pressure is not enough, try performing one leg at a time

Repeat 20 Times  
 Hold 3 Seconds  
 Complete 2 Sets

4



### CALF RAISES ON STEP

While standing with only the front half of both feet on a step or ledge, slowly raise up onto toes, hold \_\_\_ seconds, then return to starting position.

Repeat 12 Times  
 Hold 2 Seconds  
 Complete 3 Sets  
 Perform 1 Time(s) a Day

2



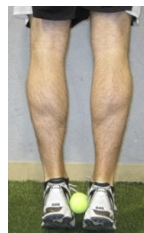
### HEEL WALK

Raise up your toes and walk on your heels.

Take few steps forward and then a few steps backwards.

Repeat 5 Times  
 Complete 3 Sets  
 Perform 1 Time(s) a Day

5



### Tennis Ball Raises

Place a tennis ball between both heels and squeeze the ball. Raise up on your toes. Focus on even distribution of your weight on your feet and keeping the ball between the heels without dropping it.

Repeat 12 Times  
 Complete 3 Sets  
 Perform 1 Time(s) a Day

3



### TOE WALK

Raise up your heels and walk on your toes.

Take few steps forward and then a few steps backwards.

Repeat 5 Times  
 Complete 3 Sets  
 Perform 1 Time(s) a Day

6



### HEEL RAISES - PLANTARFLEXION - BILATERAL

Start with your entire foot on the ground.

Next, raise up your heels as you press your toes down. Keep your toes on the ground the entire time.

Repeat 10 Times  
 Hold 1 Second  
 Complete 3 Sets  
 Perform 1 Time(s) a Day

7



### TOES RAISES - DORSIFLEXION - SINGLE

Start with your entire foot on the ground.

Next, raise up your forefoot and toes as you bend your ankle. Keep your heels on the ground the entire time.

Repeat 10 Times  
 Hold 1 Second  
 Complete 3 Sets  
 Perform 1 Time(s) a Day

8



### ELASTIC BAND DORSIFLEXION - SELF FIX

Using an elastic band attached to your target foot, hook it under your opposite foot and up to your hand.

Next, draw the band upwards with the target foot as shown.

Be sure to keep your heel in contact with the floor the entire time.

Repeat 10 Times  
 Hold 1 Second  
 Complete 3 Sets  
 Perform 1 Time(s) a Day

9



### ELASTIC BAND PLANTARFLEXION

While seated, use an elastic band attached to your foot and press your foot downward and forward.

Be sure to keep your heel in contact with the floor the entire time.

Repeat 10 Times  
 Hold 1 Second  
 Complete 3 Sets  
 Perform 1 Time(s) a Day

10



### ARCH LIFTS

Start with your foot on the floor. Raise up the arch of your foot while maintaining your big toe, ball of your foot and heel on the floor the entire time.

Repeat 10 Times  
 Hold 1 Second  
 Complete 3 Sets  
 Perform 1 Time(s) a Day

11



### Bilateral Foot Eversion

Place resistive band around both feet. Keeping your heels together spread both feet apart.

Repeat 10 Times  
 Hold 3 Seconds  
 Complete 3 Sets  
 Perform 1 Time(s) a Day

12



### Inversion Isometric

Place a towel between your feet as shown. Next, apply some pressure into the towel with the front and inner aspect of your feet and hold.

Repeat 10 Times  
 Hold 2 Seconds  
 Complete 2 Sets  
 Perform 1 Time(s) a Day

13

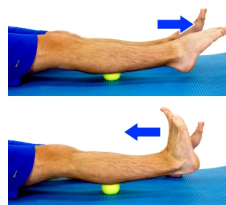


### Eversion Isometric

Sitting with your involved leg straight, cross your other leg over. Place a towel between your feet. Apply some pressure into the towel with the outside aspect of your feet and hold.

Repeat 10 Times  
 Hold 2 Seconds  
 Complete 2 Sets  
 Perform 1 Time(s) a Day

14



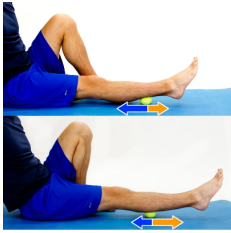
### CALF PUMP WITH BALL - SELF MASSAGE

Sit on the floor and place a small ball, such as a tennis ball or golf ball under your calf.

Next, bend your at your ankle up and down.

Repeat 10 Times  
 Hold 1 Second  
 Complete 1 Set  
 Perform 1 Time(s) a Day

15



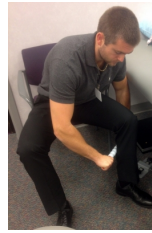
## CALF ROLL WITH BALL - SELF MASSAGE

Sit on the floor and place a small ball, such as a tennis ball or golf ball under your calf.

Next, move your body on the ball so it rolls up and down your calf for a deep tissue massage.

Repeat 10 Times  
 Hold 1 Second  
 Complete 1 Set  
 Perform 1 Time(s) a Day

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## Self STM: Rolling Pin Calf

Sit at the edge of chair/bed. Use massage stick or rolling pin to perform self massage on calf. Focus on areas that feel tight or tender. Keep the foot relaxed so that the calf muscles do not tense up.

Repeat 10 Times  
 Perform 1 Time(s) a Day

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foot massage roller + ball

## Foot Rolling & Trigger Point WORK for Plantar Fascia

While sitting at work or at Home in evening or before bed for foot plantar muscles & fascia relaxation and trigger point self-massage. Must have shoes off to be effective.

Repeat 10 Times  
 Perform 1 Time(s) a Day

1. Place foot roller under the bottom (plantar) surface of foot, perpendicular to the length of your foot.

2. Roll foot over roller slowly and as deep as you can at tolerable levels of tension or pain.

3. To add pressure & depth to work out tender knots (Trigger Points) lean your forearm onto the knee of leg whose foot you are rolling and roll very slowly through tender spots.

4. To work tender Trigger Points so they eventually release, linger on a located tender spot for 20+ seconds, breathe and relax into it. You likely will feel the tender spots / knots reduce over time.

WORKS GREAT after a busy work day to roll your feet before bedtime. Get 2 foot rollers. Keep one at work under your desk and 2nd foot roller by the side of the bed.