

Stretching Exercises

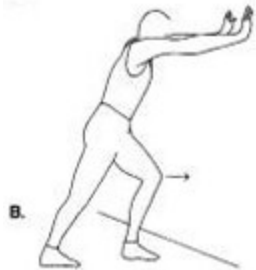
Stretch the anterior and posterior muscle groups of the lower leg:

A.



1. Kneel with feet stretched out behind you.
2. Sit back on heels until you feel a stretch. Hold for one minute—relax.
3. Repeat up to 5 times.

B.



1. Lean toward a wall with arms extended, legs stretched out at an angle to the wall, heels on the floor, toes turned to 20 degrees (barefoot or wearing flatheeled runners).
2. Slowly apply stretch to calf muscles and Achilles tendon, by allowing elbows to bend and leaning in toward the wall.
3. Hold position up to a minute, do not bob.
4. Repeat up to 5 times.

CU Healthy

HCS wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this through our:

- Resource Centre
- Student Peer Interns
- Health Promotion Advisory Committee
- Website (carleton.ca/health)
- Facebook page
- Newsletters, class presentations, workshops and more . . .

The Health Promotion Team promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or email us at carletonwellness@gmail.com



2600 CTTC Building
613-520-6674
carleton.ca/health

Shin Splints



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Definition

Shin splints are characterized by pain along the front of the lower leg. It can be attributed to one of four conditions:

- Overused muscle which can lead to a stress fracture
- Flat feet—the medial arch of the foot falls causing medial shin to over stretch
- Tight calves—alleviated with heavy stretching
- Compartment Syndrome—an uncommon exercise-induced neuromuscular condition.

Causes

- Training on a hard surface
- Sudden increase in training (distance and/or pace)
- Too much hill work
- Faulty foot plant
- Poor footwear
- Muscular imbalance between weak anterior shin muscles and strong calf muscles.

Treatment

A condition that involves so many structures requires varying methods of treatment but certain basic measures are commonly prescribed to alleviate the symptoms.

1. **Rest** from activity, until the soreness goes away.
2. **Cold application** (iced water, ice pack, running cold water) to the painful area, for 10-15 minutes after the activity.
3. **Correct footwear**—a good training shoe with flexible but cushioned sole, arch support, heel cup and good cushioned heel is essential.
4. **Return to training**—change to a softer running or playing surface when first returning to activity, if at all possible. If you are a track and field athlete or a jogger, cut back on distance and speed with gradual increase over a period of one month. If symptoms return, cut back distance and pace again.
5. Moist **heat application** (hot towels) **before** training and **cold application** (cold running water) **after** session.
6. If pain is severe and you must continue training for competition, two advil/ibuprofen tablets taken after the activity will help to relieve symptoms.
7. Occasionally, orthotics (moulded arch supports) are required.

Strengthening Exercises

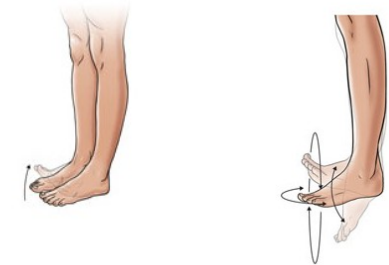
Strengthen the muscles on the front of your lower leg.

A.



1. Sit on a table with your legs hanging over the side.
2. Flex your foot to lift a weight hung over the toes (use a one pound coffee can fitted with lead sinkers or an empty paint can containing stones to do the weight you can lift)
3. Repeat 10 times.

B.



1. While standing, turn feet inward (using a rolling motion) or move feet up and down.
2. Repeat 5 times