

## **Shin Splints**

**If any exercises cause pain or discomfort more than a 3/10 please stop. It should be tough, but not painful.**

Follow program for 4-6 weeks daily. Alternate between the sessions to complete 4 sessions per week

[Daily > Tibialis Raises – 3 sets of 10-15 reps](#)

### **Session 1**

[Hip Lifts – 2 sets of 6-8 breaths](#)

[Hamstring Bridge ISO – 3 sets of 30-45 seconds per leg](#)

[Lower Leg Banded – 3 sets of 15 in each position](#)

[Peterson Step up – 3 sets of 10-20 \(Add weight Later\)](#)

### **Session Two**

[Suspension work – 3 sets of max duration 100% pressure](#)

[Knee ISOS – 4 sets of 30-45 seconds](#)

[Wall Pogo – 2 sets of 12-15](#)

[Hops – 3 sets of 15 each direction](#)