

Shin Strengthening Exercise List

Shin splint prevention and recovery

Repeat the following set **3 times** so 24 sets total:

- Wall Shin Raises
 - 15 raises
 - 15 pulses
- Toe Walks
 - 10m with feet inverted
 - 10m with feet neutral
 - 10m with feet turned out
- Heel Walks
 - 10m with feet inverted
 - 10m with feet neutral
 - 10m with feet turned out