



WAR EAGLE SPORTS MEDICINE

REHAB PLAN



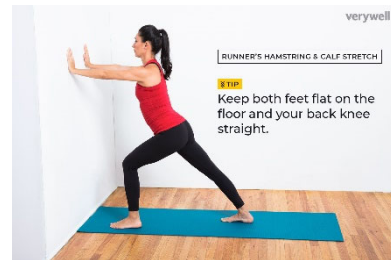
Name: SHIN SPLINTS

Date Assigned	Exercise	Rep x Set	WT
	Foam Roll	2 min per leg	
	Soleus Stretch	20sec hold x 5x	
	Gastroc Stretch	20sec hold x 5x	
	Heel Walks	5x	
	Toe Walks	5x	
	3-way Calf Raises	3x10	

Soleus Stretch



Gastroc Stretch



3- way Single Leg Balance

3 Calf & Ankle Strengthening Exercises
Perform each exercise 20x

