

Shin Splints *Solved*

*Get Pain Free and
Enjoy Life*



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Exercise Considerations

Consult with a physician before beginning the exercises in this book. A physician can determine which exercises are appropriate for you or your clients, and if any should be avoided or modified.

Disclaimer

Shin Splints Solved is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect your client has a health problem, please have him or her seek the services of a physician or healthcare professional.

Exercise is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in exercise and exercise prescriptions are inevitable. The author has checked with sources believed to be reliable in his effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. However, in view of the possibility of human error or changes in exercise science, neither the author nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information. Readers are encouraged to confirm the information contained herein with other sources.

Please note: For your information and reference, I have included URLs and hyperlinks to web pages I've researched, relevant to the contents of this manual/guide/book. While I am unable to guarantee that these links will remain active, should you have any questions regarding my online research, please contact me directly.

Preface

Thank you for supporting one of my dreams!

I have always dreamed of being a writer. The book you are reading is one of those writing dreams coming true. I hope you take from it as much as I have gotten out of its research and production.

Pass this Book On

Feel free to take your personal printed copy and share it with your family, friends and colleagues. Everyone's health will improve if we all learn and educate each other on how to maintain a healthy and active lifestyle. If you received this as an e-book, please do not forward it on. Writing is how I make a living. Unauthorized distribution constitutes theft of my intellectual property.

Guarantee

My passion is to help people overcome their injuries. If this book does not help you, does not meet your expectations or is not of value to you, I will give you your money back. Please contact me via e-mail at support@ExercisesForInjuries.com and I will refund your money.

Contact Me

Please let me know what you think of this book. Visit <http://www.ExercisesForInjuries.com> or e-mail me at support@ExercisesForInjuries.com. Your feedback and ideas will help with the content of future editions and books.



IMPORTANT INFORMATION – **STOP AND READ**










Before you go on, please watch the video presentation that goes with this exercise manual.

The video presentation provides much more detail about the program.




While the exercise manual focuses on the program exercises, the details on how to do the program are in the video presentation and presentation handout.

3 Stage Exercise Program

Stage 1 - Exercises

			 #4 – On Your Stomach Dropping Heels In and Out
#1 – Calf Stretch	#2 – Soleus Stretch	#3 – Shin Stretch	
			
#5 – Shin Foam Rolling	#6 – Bridging with Hips Low	#7 – Toe In Isometrics	#8 – Toe Out Isometrics

Stage 1 – Exercises cont.

 <p>#9 – Toe Up Isometrics</p>	 <p>#10 – Toe Away Isometrics</p>	 <p>#11 – Single Leg Balance</p>	 <p>#12 – Seated Toe Ups</p>
 <p>#13a – Seated Toe Hops</p>	 <p>#13b – Single Leg Seated Toe Hops</p>	 <p>#14a – Single Leg Depth Drop</p>	 <p>#14b – Single Leg Slant Depth Drop</p>





Stage 1 – Exercise Table

	Exercise Name	Video of the Exercise	Password	Sets & Reps
#1 - Flexibility & Release	Calf Stretch	http://vimeo.com/29740547	1Exercise	2 repetitions each held for 30 seconds performed daily
	Standing Soleus Stretch	http://vimeo.com/34138925	6jump	2 repetitions each held for 30 seconds performed daily
	Shin Stretch	http://vimeo.com/37308189	3Shin	2 repetitions each held for 30 seconds performed daily
	On Stomach Dropping Heels In and Out	http://vimeo.com/30336993	1Joint	1 set of 5 repetitions performed daily
	Shin Foam Rolling	http://vimeo.com/37308765	3Shin	1 set of 5 repetitions performed daily
#2 - Core Stability	Bridging with Hips Low	http://vimeo.com/37308996	3Shin	1 set of 5 repetitions each held for 5 seconds performed daily
#3 - Ankle Strength	Toe In Isometrics	http://vimeo.com/37312041	3Shin	6 repetitions, each held for 6 seconds at a 10% effort, done daily

	Toe Out Isometrics	http://vimeo.com/37312632	3Shin	6 repetitions, each held for 6 seconds at a 10% effort, done daily
	Toe Up Isometrics	http://vimeo.com/37313497	3Shin	6 repetitions, each held for 6 seconds at a 10% effort, done daily
	Toe Away Isometrics	http://vimeo.com/37313717	3Shin	6 repetitions, each held for 6 seconds at a 10% effort, done daily
#4 - Balance Training	Single Leg Balance	http://vimeo.com/34257192	6jump	3 sets of 30 seconds each side, daily
#5 - Tibias Anterior Strengthening	Seated Toe Ups	http://vimeo.com/37320929	3Shin	1 set of 5 repetitions performed daily

#6 - Plyometrics	Seated Ankle Hops	http://vimeo.com/3732141	3Shin	2 sets for 2 minutes each with a minute rest between sets, performed daily.
	Single Leg Seated Ankle Hops	http://vimeo.com/37322192	3Shin	2 sets for 2 minutes each with a minute rest between sets, performed daily.
	Single Leg Depth Drop	http://vimeo.com/37322657	3Shin	2 set of 10 repetitions with a minute rest between sets, performed daily
	Single Leg Slant Depth Drop	http://vimeo.com/37323109	3Shin	2 set of 10 repetitions with a minute rest between sets, performed daily

Stage 2 - Exercises

 <p>#15 – Rotating Hips Side to Side</p>	 <p>#16 – Bridging with Hips Low and One Foot Off Ground</p>	 <p>#17a – Toe In Against Tubing with Foot on Tubing</p>	 <p>#17b – Toe In Against Tubing with Tubing Fixed</p>
 <p>#18a – Toe Out Against Tubing</p>	 <p>#18b – Toe Out Against Tubing with Tubing Fixed</p>	 <p>#19 – Ankle Toe Up Against Tubing</p>	 <p>#20 – Single Leg Balance on Rocker Board – Forward & Backwards</p>

Stage 2 – Exercises cont



#21 – Standing Toe Ups






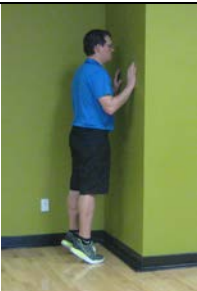
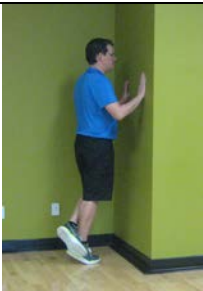

Stage 2 – Exercise Table

	Exercise Name	Video of the Exercise	Password	Sets & Reps
#1 - Flexibility & Release	Rotating Hips Side to Side	http://vimeo.com/30338102	1Joint	1 set of 5 repetitions, performed daily.
	Bridging with Hips Low and One Foot Off Ground	http://vimeo.com/3733262	3Shin	1 set of 5 repetitions each held for 5 seconds, performed daily
#2 - Core Stability	Toe In Against Tubing with Foot on Tubing	http://vimeo.com/3733294	3Shin	2 sets of 10 repetitions done on each side with a minute rest between sets, performed daily.
	Toe In Against Tubing with Tubing Fixed	http://vimeo.com/37333920	3Shin	2 sets of 10 repetitions done on each side with a minute rest between sets, performed daily.
	Toe Out Against Tubing	http://vimeo.com/37334389	3Shin	2 sets of 10 repetitions done on each side with a minute rest between sets, performed daily.
#3 - Ankle Strength				


#4 - Balance Training	Toe Out Against Tubing with Tubing Fixed	http://vimeo.com/37334556	3Shin	2 sets of 10 repetitions done on each side with a minute rest between sets, performed daily.
	Ankle Toe Up Against Tubing	http://vimeo.com/37335162	3Shin	2 sets of 10 repetitions done on each side with a minute rest between sets, performed daily.
	Single Leg Standing on Rocker Board - Forward & Backwards	http://vimeo.com/37335514	3Shin	3 sets of 30 seconds each side, performed daily.
#5 - Tibialis Anterior Strengthening	Standing Toe Ups	http://vimeo.com/37336217	3Shin	1 set of 5 repetitions, performed daily.
#6 - Plyometrics	Standing Bilateral Ankle Hops in Pool or on Trampoline	Perform the Stage 3 Exercise "Standing Bilateral Ankle Hops" but in a pool or on a trampoline.		2 sets for 2 minutes each with a minute rest between sets, performed daily.

	Standing Single Leg Ankle Hops in Pool or on Trampoline	Perform the Stage 3 Exercise "Standing Single Leg Ankle Hops" in a pool or on a trampoline.	2 sets for 1 minute each with a minute rest between sets, performed daily.
	Depth Jump in Pool	Perform the Stage 3 Exercise "Depth Jump" in a pool.	2 sets of 10 repetitions with a minute rest between sets, performed daily.
	Alternating Leg Bounding in Pool	Perform the Stage 3 Exercise "Alternating Leg Bounding" in a pool.	2 sets of 5 repetitions with a minute rest between sets, performed daily.

Stage 3 - Exercises

 <p>#22 – Wide Stance Rotating Hips Side to Side</p>	 <p>#23 – Bridging with Hips High and One Leg Straight</p>	 <p>#24 – Single Leg Standing on Wobble Board</p>	 <p>#25 – Toe Up Pulse</p>
 <p>TEST – Single Leg Hop Test</p>	 <p>#26a – Standing Bilateral Ankle Hops</p>	 <p>#26b – Standing Single Leg Ankle Hops</p>	 <p>#27 – Depth Jump</p>

Stage 3 – Exercises cont

 <p>#28– Box Jump</p>	<p>#29 – Alternating Leg Bounding</p>		
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Stage 3 – Exercise Table

	Exercise Name	Video of the Exercise	Password	Sets & Reps
#1 - Flexibility & Release	Wide Stance Rotating Hips Side to Side	http://vimeo.com/30338847	1Joint	1 set of 5 repetitions, performed daily.
	Bridging with Hips High and One Leg Straight	http://vimeo.com/37338489	3Shin	1 set of 5 repetitions each held for 5 seconds, performed daily
#4 - Balance Training	Single Leg Standing on Wobble Board	http://vimeo.com/37338736	3Shin	3 sets of 30 seconds each side, performed daily
#5 - Tibialis Anterior Strengthening	Toe Up Pulse	http://vimeo.com/37339458	3Shin	1 set of 5 repetitions with a 5 second hold at the top and 5 pulls after the hold, performed daily
	Single Leg Hop Test	http://vimeo.com/37336982	3Shin	Perform this test to see if you are ready to do Standing Bilateral Ankle Hops, Standing Single Leg Ankle Hops, Depth Jump, Box Jump and Alternating Leg Bounding

#6 - Plyometrics	Standing Bilateral Ankle Hops	http://vimeo.com/37339634	3Shin	2 sets of 10 repetitions with a minute rest between sets, performed every other day.
	Standing Single Leg Ankle Hops	http://vimeo.com/37339985	3Shin	2 sets of 10 repetitions with a minute rest between sets, performed every other day.
	Depth Jump	http://vimeo.com/37340209	3Shin	1 set of 10 repetitions, performed every other day.
	Box Jump	http://vimeo.com/37340774	3Shin	1 set of 10 repetitions, performed every other day.
	Alternating Leg Bounding			1 set of 10 repetitions, performed every other day.

Exercise Legend

Below are definitions of what each category is and what it means.

Name of the exercise: The common name used for the exercise.

Purpose of this exercise: What the exercise is targeting and the goal of the exercise.

Starting position: The position you need to set your body into before starting the exercise.

How to do this exercise: The key steps in performing the exercise safely and for maximum results.

Progression: The next step when the exercise is too easy.

Contraindications & Common Mistakes: Who should be cautious about doing the exercises, or should not be doing them. Common errors that occur when performing the exercise which will decrease effectiveness, and increase the risk of injury.

Equipment Needed

Here is a list of equipment that you will need for the exercises:

- *Tubing*
- *Balance Board*
- *Rocker Board*
- *Rise*
- *Step*
- *Foam Roller*
- *Body weight*

Stage 1 - Shin Splints Solved

EXERCISE 1: Calf Stretch



Start



End

Purpose:	To lengthen the calf and decrease the tension in the shin.
Starting Position:	Standing beside a wall.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Bring your hands against the wall at shoulder height. Move one leg straight behind you and move the other leg behind you. 2. You should feel a light stretch in your back leg. 3. Hold for 30 seconds. 4. Perform twice on each side, daily.
Progressions:	- Perform just on the injured side.
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Light Stretch – The stretch should not be a strong stretch. This decreases the effectiveness of the stretch. - Collapsing in the Lower Back – Doing this will increase the stress on your lower back and increase the risk of irritation. - Locked Knee – The knees should be bent and relaxed.
Video of this exercise: http://vimeo.com/29740547 / Password: 1Exercise	

EXERCISE 2: Standing Soleus Stretch



Purpose:	To stretch out the muscle under the calf in order to decrease the stress on the shin.
Starting Position:	Standing with your hands on the wall.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Take a half a step back with your right leg. 2. Make sure your toes are pointing straight ahead and bend at your knees with more weight on your right foot. 3. You are looking for a light stretch under the calf. 4. Hold for 30 seconds and perform twice on each side, daily.
Progressions:	- Perform just on the injured side.
Contraindications & Common Mistakes:	Light Stretch – The stretch should not be a strong stretch. Stretching too much will decrease the effectiveness of the stretch.

Video of this exercise: <http://vimeo.com/34138925> / Password: 6jump

EXERCISE 3: Shin Stretch



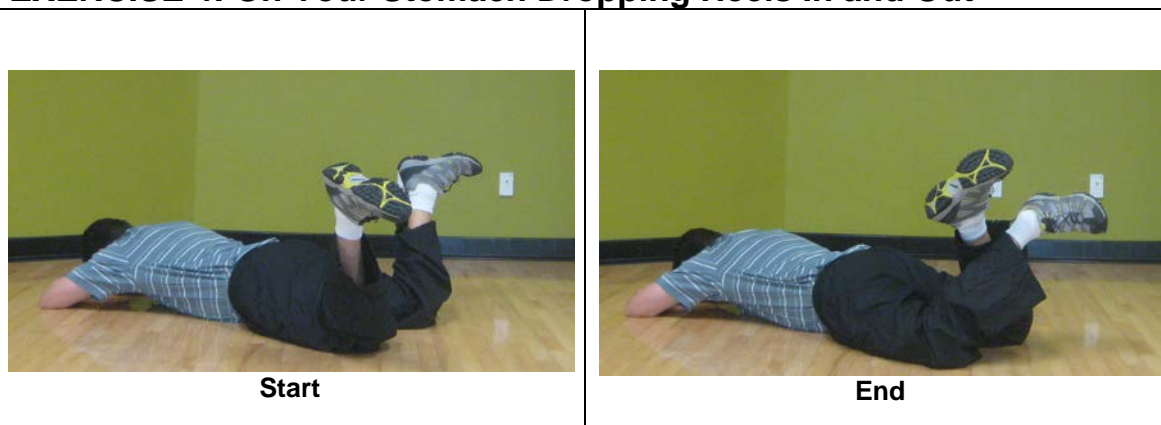
Start



End

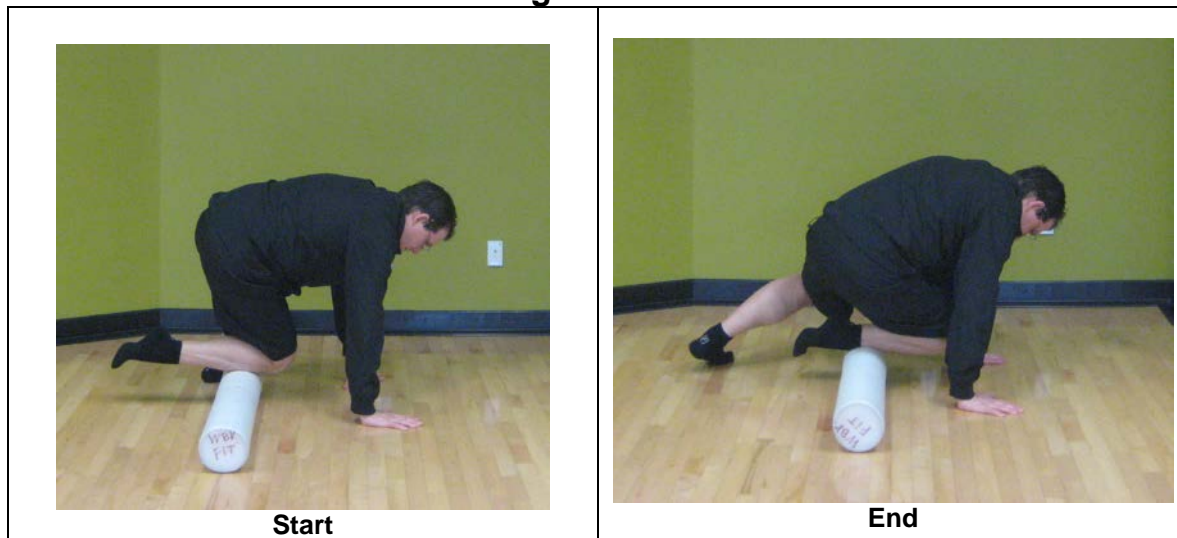
Purpose:	To lengthen and decrease tension in the shin.
Starting Position:	Kneeling position.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Sit back on your heels and flatten out your ankles. 2. You should feel a light stretch in the front of your shins. 3. Hold for 30 seconds. 4. Perform twice, daily.
Progressions:	- None
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Light Stretch – The stretch should not be a strong stretch. This decreases the effectiveness of the stretch. - Knee Sensitivity – If you have knee sensitivity when doing this exercise, place a mat or towel under your knees.
Video of this exercise: http://vimeo.com/37308189 / Password: 3Shin	

EXERCISE 4: On Your Stomach Dropping Heels In and Out



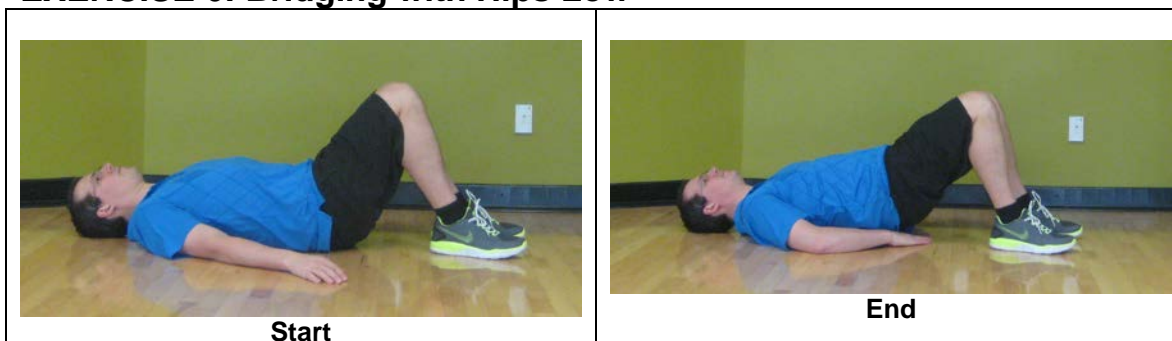
Purpose:	To dynamically stretch the hip rotators in order to decrease the stress on the shin.
Starting Position:	Lying on your stomach with your hands under your forehead, knees bent and hips rotated out to the side as much as you can without forcing it.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. With your knees about hip width apart, bring the inside of your feet towards the middle and cross past each other. 2. Hold the end position for a second and then return to the starting position. 3. Perform 5 repetitions total for 1 set.
Progressions:	<ul style="list-style-type: none"> - Progress to 10 repetitions. - Progress to 2 or 3 sets - Progress to rotating hips side to side.
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Rotating too Hard – You should let the weight of the legs help with the stretch of the hips.
Video of this exercise: http://vimeo.com/30336993 / Password: 1Joint	

EXERCISE 5: Shin Foam Rolling



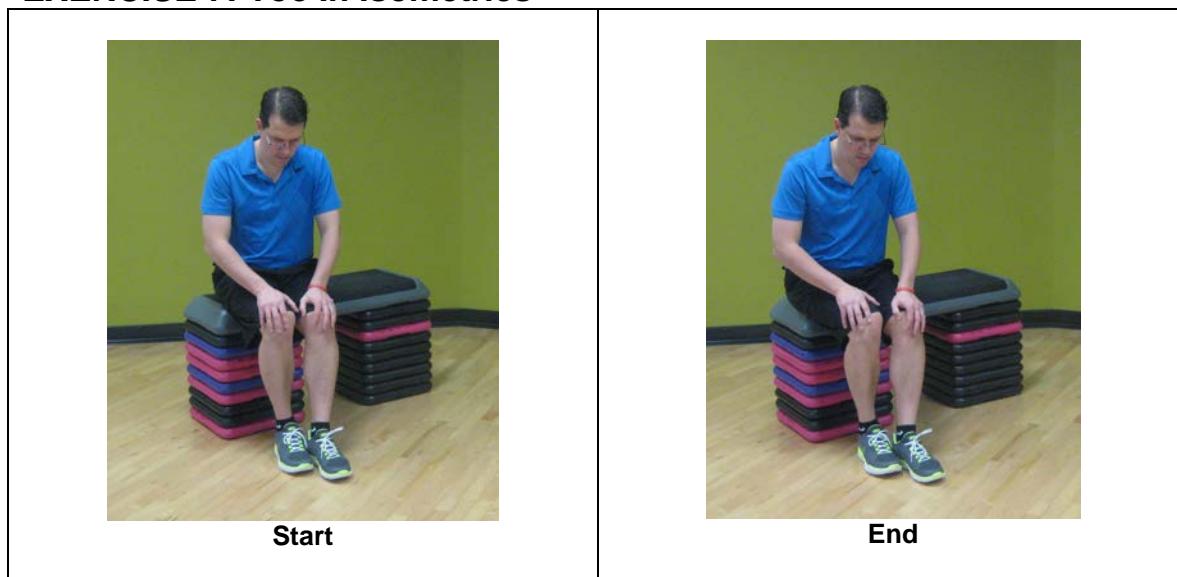
Purpose:	To self massage the shin muscles in order to decrease tension and stress on the shin.
Starting Position:	Place a foam roller on your shin, just below your right knee.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Move roller just below the knee to just above the ankle along the muscle of the shin in a controlled manner. 2. Hold for a second and then return back to the start. 3. Perform 5 repetitions on each side, daily
Progressions:	<ul style="list-style-type: none"> - Progress to 10 repetitions. - Shift more of your weight onto your shin to deepen the self-massage.
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Sensitive but Not Screaming Pain – It should feel like a deep massage. If it is painful, discontinue the exercise. - Difficulty Getting on the Floor – Use a ball against the wall on the IT band.
Video of this exercise: http://vimeo.com/37308765 / Password: 3Shin	

EXERCISE 6: Bridging with Hips Low



Purpose:	To improve the activation, endurance and strength of core in the sagittal plane (forward and back movements).
Starting Position:	Lying down with your knees bent.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Activate the muscles in your abdominal area and press through your heel. 2. Lift your seat off the ground about a hand width. 3. Hold the end position for 5 seconds and then return to the starting position. 4. Perform 5 repetitions for 1 set, daily.
Progressions:	<ul style="list-style-type: none"> - Progress to 10 repetitions - Progress to 2 or 3 sets - Progress to: Bridging with Hips Low and One Foot Off Ground
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Contracting too Hard – The contraction should be light as that is what translates into real life. If it is too strong it could irritate your back - Increasing the Arch in Your Lower Back – This puts greater stress on your lower back.
Video of this exercise: http://vimeo.com/37308996 / Password: 3Shin	

EXERCISE 7: Toe In Isometrics



Purpose:	To work on the activation, strength and endurance of the muscles in the ankle.
Starting Position:	Sitting with one foot against the other.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. With your left foot fixed, press the right foot into it (inversion). 2. Press your right foot into your left foot at a light contraction (10 percentage of maximum) for 6 seconds. 3. Move your feet back to the starting position. 4. Perform 6 repetitions on each side, daily.
Progressions:	<ul style="list-style-type: none"> - Progress to 2 or 3 sets - Progress to: Toe In Against Tubing with Foot on Tubing
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Contracting too Hard – The contraction should be light as that is what translates into real life. If it is too strong it could irritate your back

Video of this exercise: <http://vimeo.com/37312041> / Password: 3Shin

EXERCISE 8: Toe Out Isometrics



Start



End

Purpose:	To work on the activation, strength and endurance of the muscles in the ankle.
Starting Position:	Sitting with your left leg crossed over your right.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. With your left foot fixed, press the right foot into out (eversion) in right. 2. Press your right foot into your left foot at a light contraction (10 percentage of maximum) for 6 seconds. 3. Move your feet back to the starting position. 4. Perform 6 repetitions on each side, daily.
Progressions:	<ul style="list-style-type: none"> - Progress to 2 or 3 sets - Progress to: Toe Out Against Tubing
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Contracting too Hard – The contraction should be light as that is what translates into real life. If it is too strong it could irritate your back

Video of this exercise: <http://vimeo.com/37312632> / Password: 3Shin

EXERCISE 9: Toe Up Isometrics



Start

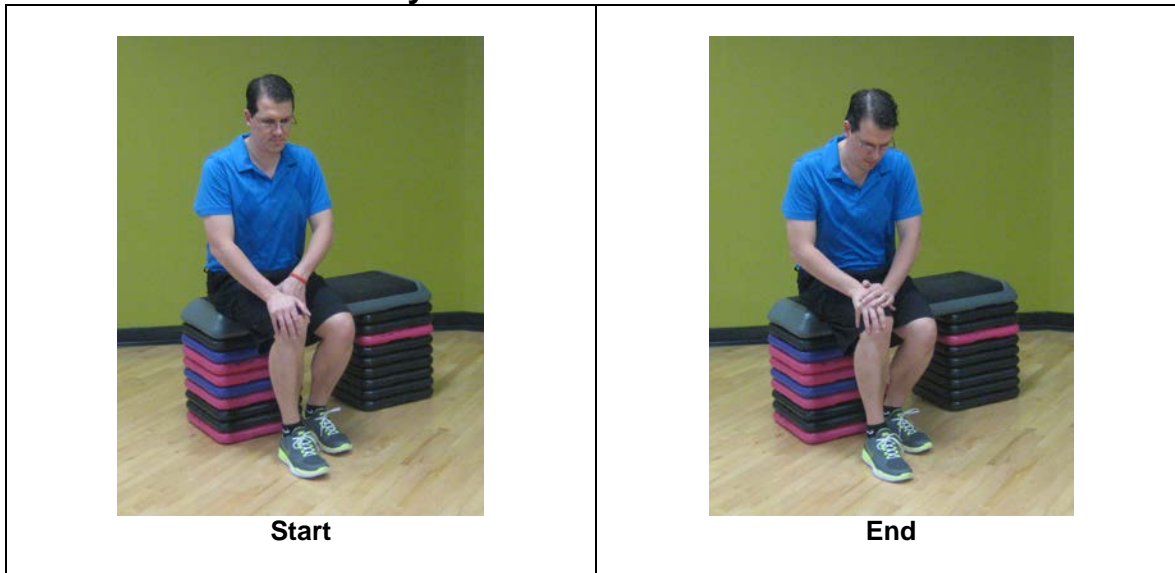


End

Purpose:	To work on the activation, strength and endurance of the muscles in the ankle.
Starting Position:	Sitting with your left leg on top of your right.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. With your left foot fixed, press the right foot into up (dorsiflexion) in right. 2. Press your right foot into your left foot at a light contraction (10 percentage of maximum) for 6 seconds. 3. Then move your feet back to the starting position. 4. Perform 6 repetitions on each side, daily.
Progressions:	<ul style="list-style-type: none"> - Progress to 2 or 3 sets - Progress to: Ankle Toe Up Against Tubing
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Contracting too Hard – The contraction should be light as that is what translates into real life. If it is too strong it could irritate your back

Video of this exercise: <http://vimeo.com/37313497> / Password: 3Shin

EXERCISE 10: Toe Away Isometrics



Purpose:	To work on the activation, strength and endurance of the muscles in the ankle.
Starting Position:	Sitting with your right leg flat on the floor.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Press the ball of your right foot into the floor. 2. Press into the floor at a light contraction (10 percentage of maximum) for 6 seconds. There should be no movement in the right ankle. 3. Move your feet back to the starting position. 4. Perform 6 repetitions on each side, daily.
Progressions:	- Progress to 2 or 3 sets
Contraindications & Common Mistakes:	- Contracting too Hard – The contraction should be light as that is what translates into real life. If it is too strong it could irritate your back
Video of this exercise: http://vimeo.com/37313717 / Password: 3Shin	

EXERCISE 11: Single Leg Balance



Start and End

Purpose:	To improve the balance in the leg.
Starting Position:	Standing on one leg on a flat surface.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. While standing on one leg, do your best to minimize your upper and lower body movement. 2. Hold the position for 30 seconds and perform 3 sets on each side, daily.
Progressions:	<ul style="list-style-type: none"> - Perform just on the injured side. - Progress to: Single Leg Standing on Rocker Board – Forward & Back
Contraindications & Common Mistakes:	<p>Be Safe – If you start losing control, stop the exercise. You want to be in a control during the whole exercise.</p>
Video of this exercise: http://vimeo.com/34257192 / Password: 6jump	

EXERCISE 12: Seated Toe Ups



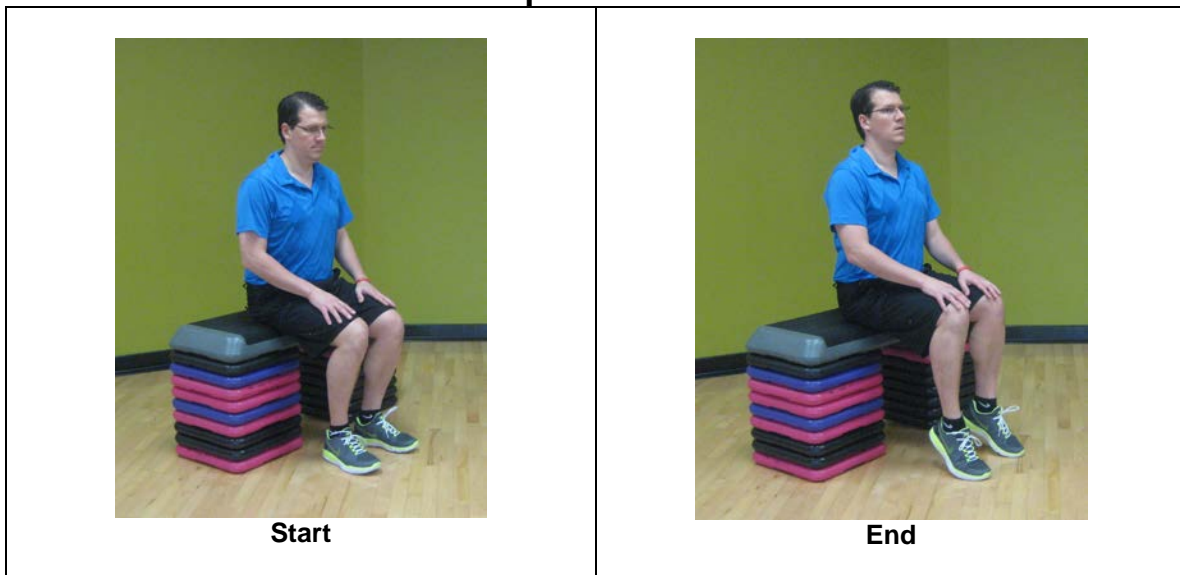
Start



End

Purpose:	To work on the endurance of the muscles in the front of the shin.
Starting Position:	Sitting with both feet flat on the ground.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Come onto your toes in a smooth, controlled manner, and lift your toes up. 2. Hold at the top for a second and then return back to the starting position. 3. Perform 1 set of 5 repetitions, daily.
Progressions:	<ul style="list-style-type: none"> - Progress to doing 10 repetitions - Progress to doing 2 or 3 sets - Progress to: Standing Toe Ups
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - None
Video of this exercise: http://vimeo.com/37320929 / Password: 3Shin	

EXERCISE 13a: Seated Toe Hops



Purpose:	To work on the strength and endurance of the muscles around the ankle.
Starting Position:	Sitting with both feet flat on the ground.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Come onto your toes in a smooth, controlled manner, with a focus on the work and movement happening in the ankle. 2. Perform 2 sets for 2 minutes with a minute rest between sets, daily.
Progressions:	- Progress to: Single Leg Seated Toe Hops
Contraindications & Common Mistakes:	- None
Video of this exercise: http://vimeo.com/3732141 / Password: 3Shin	

EXERCISE 13b: Single Leg Seated Toe Hops



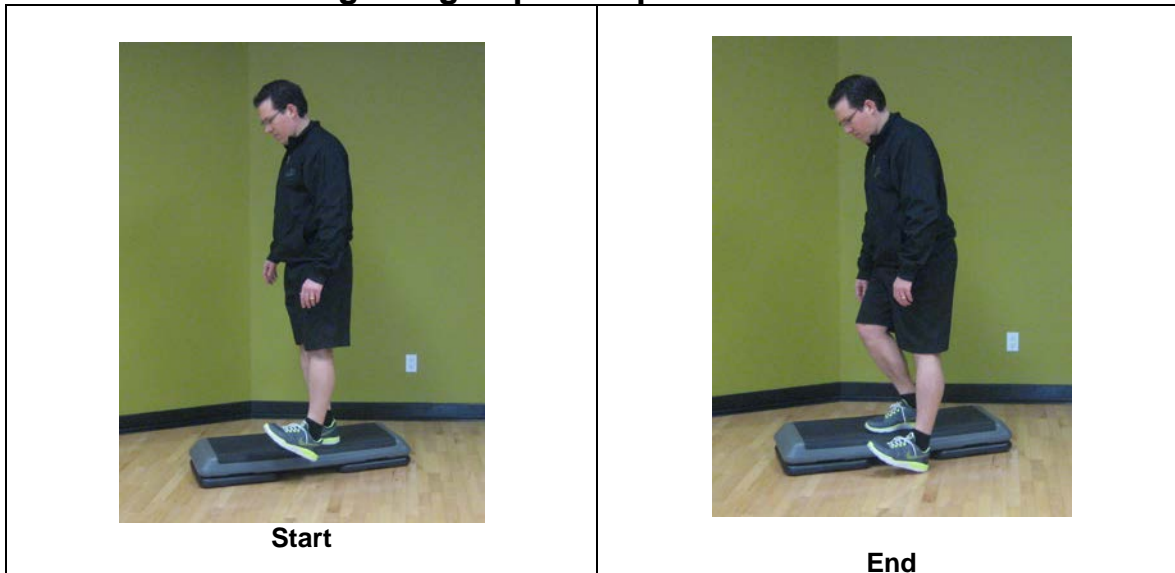
Start



End

Purpose:	To work on the strength and endurance of the muscles around the ankle.
Starting Position:	Sitting with your left foot on your right foot.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Come onto the toes of your right foot in a smooth, controlled manner, with a focus on the work and movement happening in the ankle. 2. Perform 2 sets for 2 minutes with a minute rest between sets, daily.
Progressions:	- Progress to: Standing Bilateral Ankle Hops in Pool or on Trampoline
Contraindications & Common Mistakes:	- None
Video of this exercise: http://vimeo.com/37322192 / Password: 3Shin	

EXERCISE 14a: Single Leg Depth Drop



Purpose:	To improve the stability and strength around the knee.
Starting Position:	Standing on your right leg on a step that is 6 to 8 inches of the ground, with toes on the left foot up.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Lower the left heel to the floor by bending your right knee. 2. When your left heel touches the floor, hold for a second and then return back to the start. 3. Perform 10 repetitions for 2 sets, with a one minute rest between sets, on each side, daily.
Progressions:	<ul style="list-style-type: none"> - Progress to 3 sets - Progress to: Single Leg Slant Depth Drop
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Knee Collapsing In – Slow down the speed you are doing the exercise or decrease the height you are stepping off of. - You Lose Control of Your Upper Body - Slow down the speed you are doing the exercise or decrease the height you are stepping off of. - Locked Knee – The knees should be bent and relaxed.
Video of this exercise: http://vimeo.com/37322657 / Password: 3Shin	

EXERCISE 14b: Single Leg Slant Depth Drop



Purpose:	To improve the stability and strength around the knee.
Starting Position:	Standing on your left leg on a board that is 6 to 8 inches off the ground but angled down. The toe of your right foot is pointed up.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Lower the right heel to the floor by bending your left knee. 2. When your right heel touches the floor, hold for a second and then return back to the start. 3. Perform 10 repetitions for 2 sets, with a one minute rest between sets, on each side, daily.
Progressions:	<ul style="list-style-type: none"> - Progress to 3 sets - Progress to: Depth Jump in Pool
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Knee Collapsing In – Slow down the speed you are doing the exercise or decrease the height you are stepping off of. - You Lose Control of Your Upper Body - Slow down the speed you are doing the exercise or decrease the height you are stepping off of. - Locked Knee – The knees should be bent and relaxed.
Video of this exercise: http://vimeo.com/37323109 / Password: 3Shin	

Stage 2 - Shin Splints Solved

EXERCISE 15: Rotating Hips Side to Side



Purpose:	To work on dynamically stretching the hip rotators.
Starting Position:	Standing with your legs hip width apart and your hands on your hips
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Rotate your hips to one side until you feel a light stretch in your hips. 2. Hold the end position for a second and then rotate to the other side. 3. Perform 5 repetitions total for 1 set, daily
Progressions:	<ul style="list-style-type: none"> - Progress to 10 repetitions. - Progress to 2 sets - Progress to Wide Stand Rotating Hips Side to Side
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Rotating too Hard – You should feel a light stretch in your hips. - Twisting in the Knees – There should be minimal movement in the knees. The focus is the hips.

Video of this exercise: <http://vimeo.com/303381027> / Password: 1Joint

EXERCISE 16: Bridging with Hips Low and One Foot Off Ground



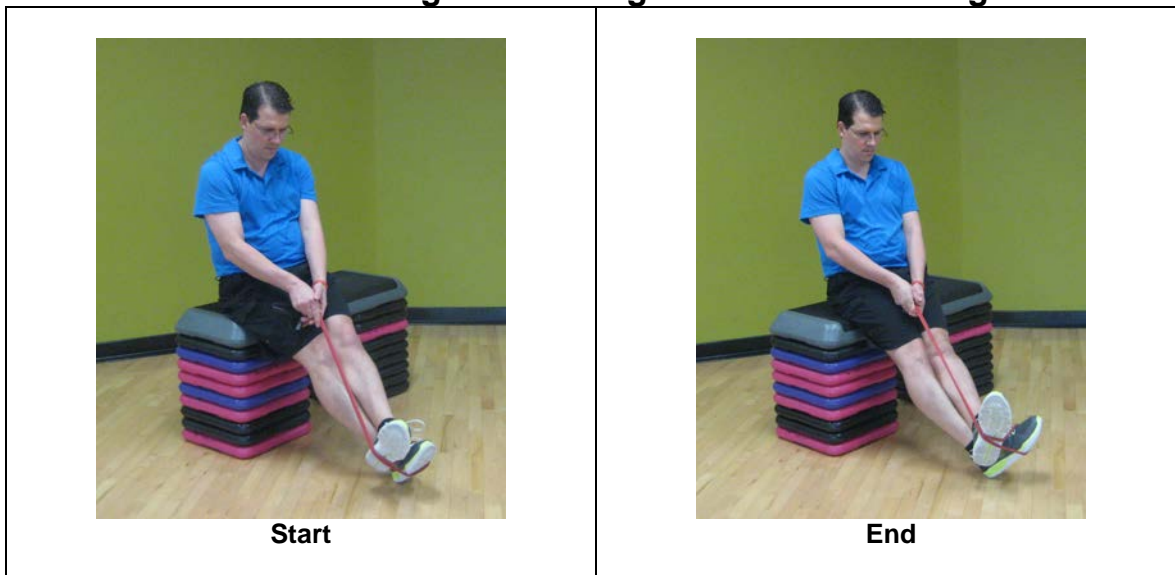
Start



End

Purpose:	To improve the activation, endurance and strength of core in the sagittal plane (forward and back movements).
Starting Position:	Lying down with your knees bent.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Activate the muscles in your abdominal area and press through your heels. 2. Lift your seat off the ground about a hand width, then lift your right foot off the floor. 3. Hold the end position for 5 seconds and then return to the starting position. 4. Perform 5 repetitions for 1 set, daily.
Progressions:	<ul style="list-style-type: none"> - Progress to 10 repetitions - Progress to 2 or 3 sets - Progress to: Bridging with Hips High and One Leg Straight
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Contracting too Hard – The contraction should be light as that is what translates into real life. If it is too strong it could irritate your back. - Increasing the Arch in Your Lower Back – This puts greater stress on your lower back.
Video of this exercise: http://vimeo.com/3733262 / Password: 3Shin	

EXERCISE 17a: Toe In Against Tubing with Foot on Tubing



Purpose:	To work on the activation, strength and endurance of the muscles in the ankle.
Starting Position:	Sitting position with tubing wrapped around your right foot and your left foot stepping on the tubing.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. The left foot stays where it is and you move the right foot towards the middle (inversion). 2. Stop at the end of the movement and then return to the starting position. 3. Perform 2 sets of 10 repetitions on each side, with a minute rest between sets, daily.
Progressions:	<ul style="list-style-type: none"> - Progress to 3 sets - Alternate Exercise: Toe In Against Tubing with Tubing Fixed – If the above exercise is difficult, try this exercise.
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - None
Video of this exercise: http://vimeo.com/37332943 / Password: 3Shin	

EXERCISE 17b: Toe In Against Tubing with Tubing Fixed



Start



End

Purpose:	To work on the activation, strength and endurance of the muscles in the ankle.
Starting Position:	Sitting position with tubing wrapped around your left foot and the tubing fixed to something secure.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Move the left foot in (inversion) while pivoting on your heel. The movement occurs in the ankle and foot. There is no movement in the knee. 2. When you reach the end of the inward movement of the foot, hold for a second and then return to the start. 3. Perform 2 sets of 10 repetitions on each side, with a minute rest between sets, daily.
Progressions:	<ul style="list-style-type: none"> - Progress to 3 sets - Alternate Exercise: Toe In Against Tubing with Foot on Tubing – If the above exercise is difficult, try this exercise.
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Knee Moving – The knee stays where it is and the movement occurs in the ankle and foot.

Video of this exercise: <http://vimeo.com/37333920> / Password: 3Shin

EXERCISE 18a: Toe Out Against Tubing



Start



End

Purpose:	To work on the activation, strength and endurance of the muscles in the ankle.
Starting Position:	Sitting position with tubing wrapped around your right foot and your left foot stepping on the tubing.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. The left foot stays where it is and you move the right foot outward (eversion). 2. You stop at the end of the movement and then return to the starting position. 3. Perform 2 sets of 10 repetitions on each side, with a minute rest between sets, daily.
Progressions:	<ul style="list-style-type: none"> - Progress to 3 sets - Alternate Exercise: Toe Out Against Tubing with Tubing Fixed – If the above exercise is difficult, try this exercise.
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Knee Moving – The knee stays where it is and the movement occurs in the ankle and foot.
Video of this exercise: http://vimeo.com/37334389 / Password: 3Shin	

EXERCISE 18b: Toe Out Against Tubing with Tubing Fixed



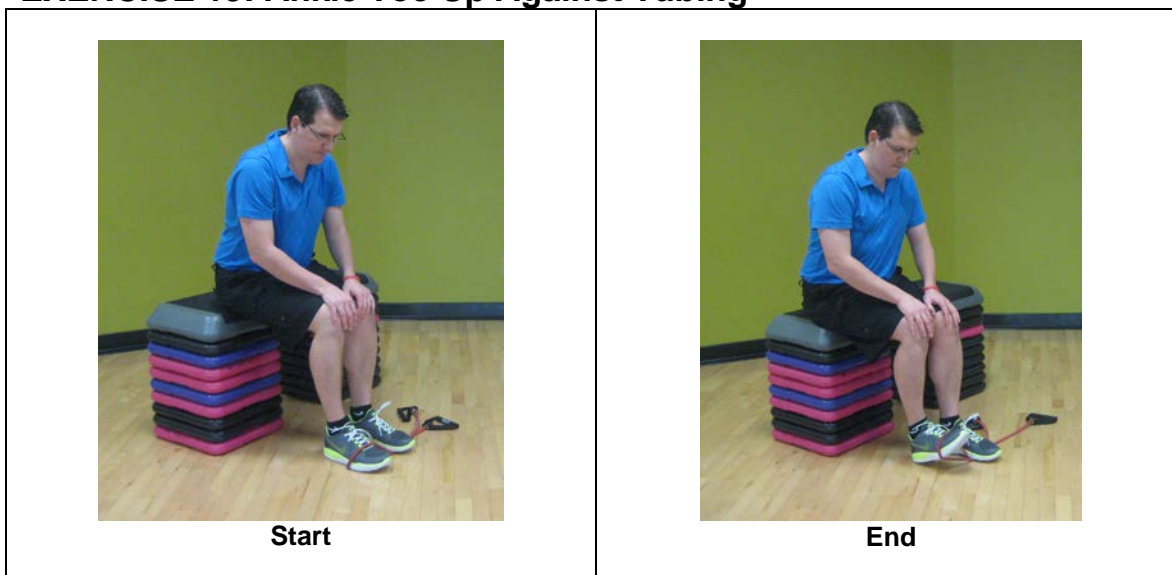
Start



End

Purpose:	To work on the activation, strength and endurance of the muscles in the ankle.
Starting Position:	Sitting position with tubing wrapped around your right foot and fixed to something secure.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Move the right foot out (eversion) while pivoting on your heel. The movement occurs in the ankle and foot. There is no movement in the knee. 2. When you reach the end of the outward movement of the foot, hold for a second and then return to the start. 3. Perform 2 sets of 10 repetitions on each side, with a minute rest between sets, daily.
Progressions:	<ul style="list-style-type: none"> - Progress to 3 sets - Alternate Exercise: Toe Out Against Tubing – If the above exercise is difficult, try this exercise.
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Knee Moving – The knee stays where it is and the movement occurs in the ankle and foot.
Video of this exercise: http://vimeo.com/37334556 / Password: 3Shin	

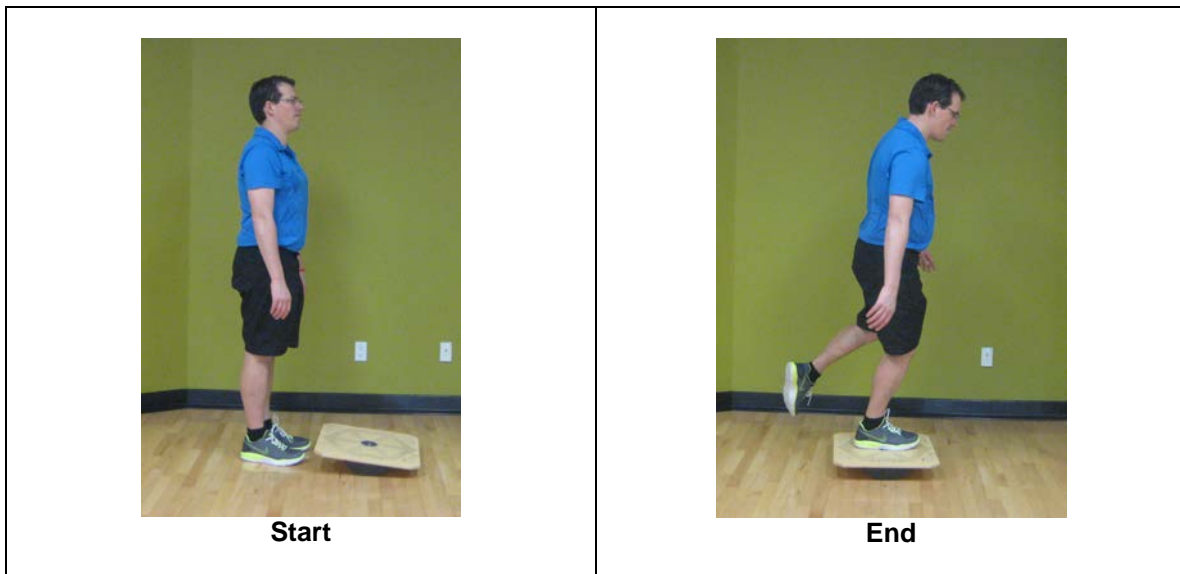
EXERCISE 19: Ankle Toe Up Against Tubing



Purpose:	To work on the activation, strength and endurance of the muscles in the ankle.
Starting Position:	Sitting position with tubing wrapped around your right foot and your left foot stepping on the tubing.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Move the right foot up (dorsiflexion) against the tubing. The movement occurs in the ankle and foot. There is no movement in the knee. 2. When you reach the end of the upwards movement of the foot, hold for a second and then return to the start. 3. Perform 2 sets of 10 repetitions on each side, with a minute rest between sets, daily.
Progressions:	<ul style="list-style-type: none"> - Progress to 3 sets - Progress to: Ankle Toe Up Against Tubing
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - None

Video of this exercise: <http://vimeo.com/37335162> / Password: 3Shin

EXERCISE 20: Single Leg Balance on Rocker Board – Forward & Backwards



Purpose:	To improve the balance in the leg in order to decrease stress on the shin.
Starting Position:	Standing beside a rocker board.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Step on the rocker board and try to prevent the edges from hitting the ground. While standing on one leg, do your best to minimize your upper and lower body movement. 2. Hold the position for 30 seconds and perform 3 sets on each side, daily.
Progressions:	<ul style="list-style-type: none"> - Perform just on the injured side. - Progress to: Single Leg Standing on Wobble Board
Contraindications & Common Mistakes:	<p>Be Safe – If you start losing control, stop the exercise. You want to be in a control during the whole exercise.</p>
Video of this exercise: http://vimeo.com/37335514 / Password: 3Shin	

EXERCISE 21: Standing Toe Ups



Purpose:	To work on the endurance of the muscles in the front of the shin.
Starting Position:	Standing position with your upper body against a wall and your feet 6 to 12 inches away from the wall.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Come onto your toes in a smooth, controlled manner, and lift your toes up. 2. Hold at the top for a second and then return back to the starting position. 3. Perform 1 set of 5 repetitions, daily.
Progressions:	<ul style="list-style-type: none"> - Progress to 10 repetitions - Progress to 2 or 3 sets - Progress to: Standing Toe Ups
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - No Knee Movement – The knees are straight and all the movement happens in the ankles.
Video of this exercise: http://vimeo.com/37336217 / Password: 3Shin	

Stage 3 - Shin Splints Solved

EXERCISE 22: Wide Stance Rotating Hips Side to Side



Start



End

Purpose:	To work on dynamically stretching the hip rotators.
Starting Position:	Standing with your legs, shoulder width apart and your hands on your hips
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Rotate your hips to one side until you feel a light stretch in your hips. 2. Hold the end position for a second and then rotate to the other side. 3. Perform 5 repetitions total for 1 set, daily.
Progressions:	<ul style="list-style-type: none"> - Progress to 10 repetitions. - Progress to 2 sets
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Rotating too Hard – You should feel a light stretch in your hips. - Twisting in the Knees – There should be minimal movement in the knees. The focus is the hips.
Video of this exercise: http://vimeo.com/30338847 / Password: 1Joint	

EXERCISE 23: Bridging with Hips High and One Leg Straight



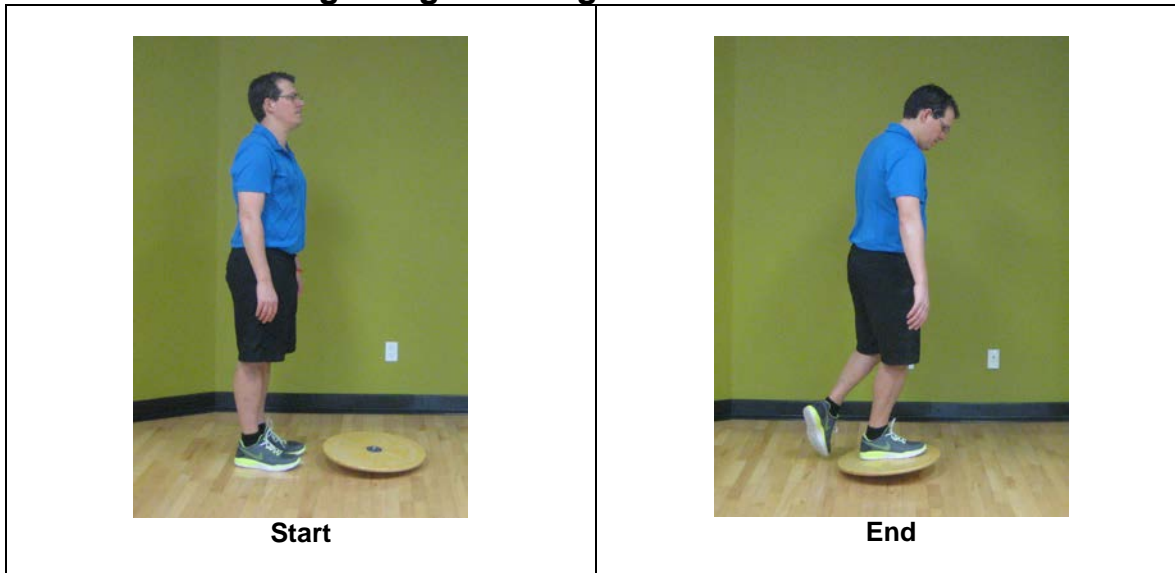
Start



End

Purpose:	To improve the activation, endurance and strength of core in the sagittal plane (forward and back movements).
Starting Position:	Lying down with your knees bent.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Activate the muscles in your abdominal area and press through your heels. 2. Lift your seat off the ground so your shoulder-hip-knee are in a straight line. Lift your right foot off the floor and straighten it out. 3. Hold the end position for 5 seconds and then return to the starting position. 4. Perform 5 repetitions for 1 set, daily.
Progressions:	<ul style="list-style-type: none"> - Progress to 10 repetitions - Progress to 2 or 3 sets
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Contracting too Hard – The contraction should be light as that is what translates into real life. If it is too strong it could irritate your back. - Increasing the Arch in Your Lower Back – This puts greater stress on your lower back.
Video of this exercise: http://vimeo.com/37338489 / Password: 3Shin	

EXERCISE 24: Single Leg Standing on Wobble Board



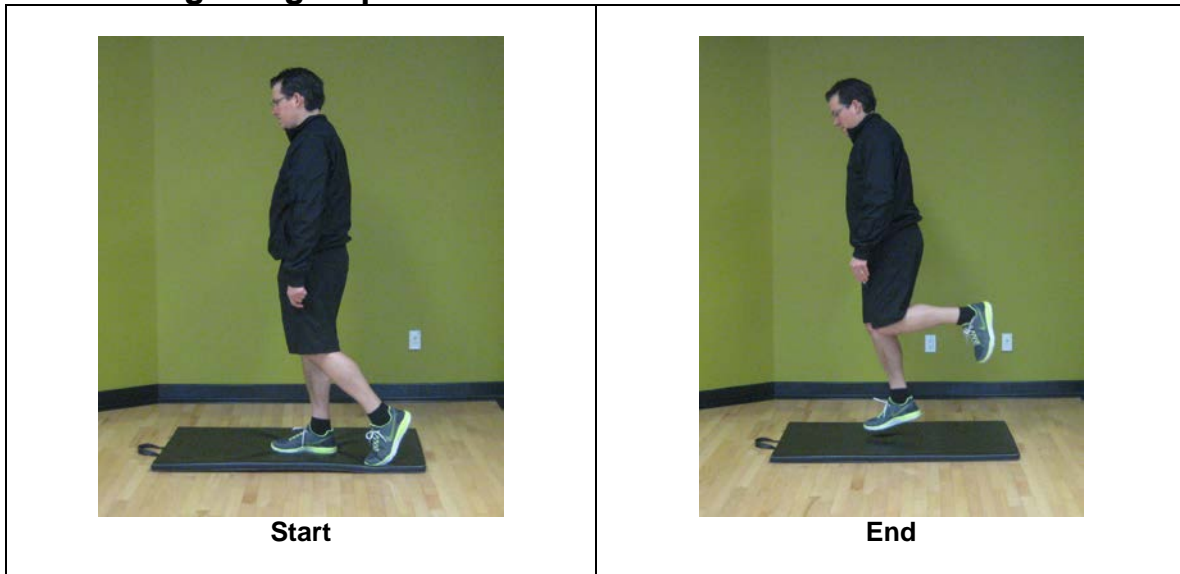
Purpose:	To improve the balance in the leg in order to decrease the stress on the shin.
Starting Position:	Standing beside a wobble board.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Step on the wobble board and try to prevent the edges from hitting the ground. While standing on one leg, do your best to minimize your upper and lower body movement. 2. Hold the position for 30 seconds and perform 3 sets on each side, daily.
Progressions:	- Perform just on the injured side.
Contraindications & Common Mistakes:	Be Safe – If you start losing control, stop the exercise. You want to be in a control during the whole exercise.
Video of this exercise: http://vimeo.com/37338736 / Password: 3Shin	

EXERCISE 25: Toe Up Pulse



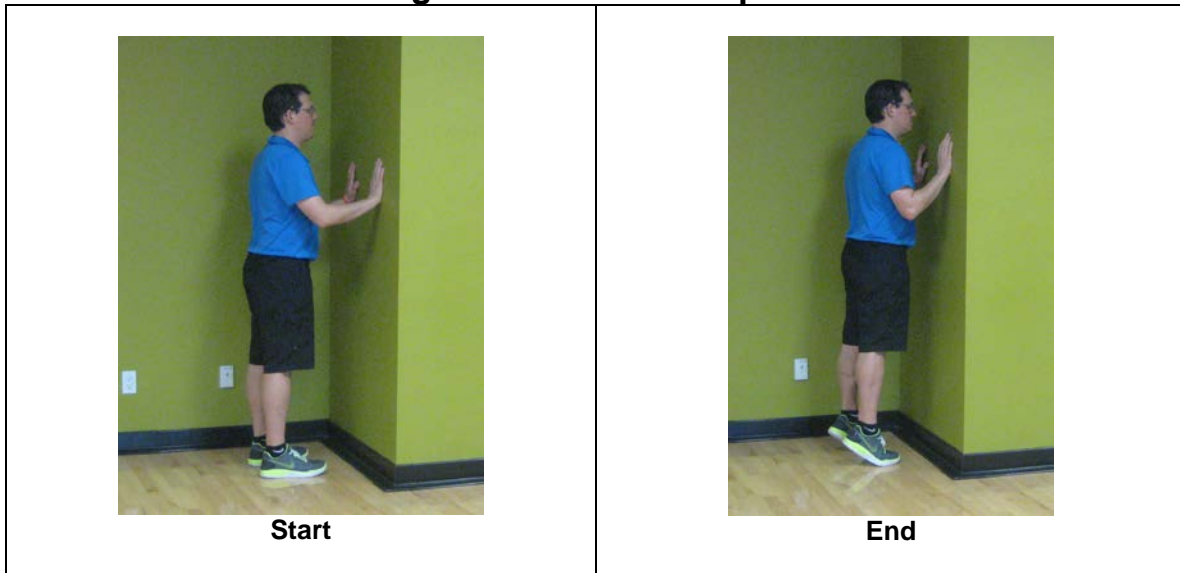
Purpose:	To work on the endurance of the muscles in the front of the shin.
Starting Position:	Standing with your upper body against a wall and your feet 6 to 12 inches away from the wall.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Come onto your toes in a smooth, controlled manner, and lift your toes up. 2. Hold at the top for 5 seconds. Move your foot from the floor and back up, 5 times. 3. Perform 1 set of 5 repetitions, daily.
Progressions:	<ul style="list-style-type: none"> - Progress to doing 10 repetitions - Progress to doing 2 or 3 sets
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - No Knee Movement – The knees are straight and all the movement happens in the ankles.
Video of this exercise: http://vimeo.com/37339458 / Password: 3Shin	

TEST: Single Leg Hop Test



Purpose:	To test your readiness for the plyometric exercises in stage 3.
Starting Position:	Standing on one foot on a mat, towel or flat foam.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Hop up and down off the mat in a controlled manner. 2. Perform 10 repetitions on each side. 3. If you feel no pain, continue on with the exercises in stage 3. If you feel pain, continue with the stage 2 exercises or go see your doctor to get a better idea of what to do.
Progressions:	- None
Contraindications & Common Mistakes:	Be Safe – The hops are small and you need to make sure you are safe when doing them.
Video of this exercise: http://vimeo.com/37335514 / Password: 3Shin	

EXERCISE 26a: Standing Bilateral Ankle Hops



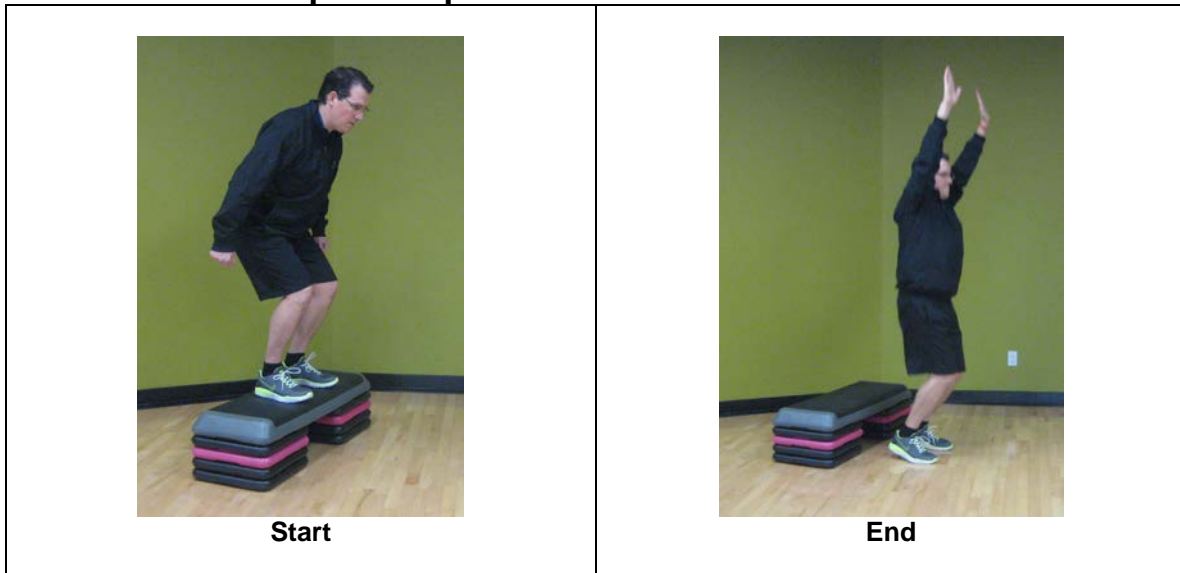
Purpose:	To work on the strength and endurance of the muscles around the ankle.
Starting Position:	Standing with both feet flat on the ground and hands on the wall.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Come onto your toes in a smooth, controlled manner, with a focus on the work and movement happening in the ankle. 2. Perform 2 sets for 10 repetitions with a minute rest between sets, every other day.
Progressions:	- Progress to: Standing Single Leg Ankle Hops
Contraindications & Common Mistakes:	- None
Video of this exercise: http://vimeo.com/37339634 / Password: 3Shin	

EXERCISE 26b: Standing Single Leg Ankle Hops



Purpose:	To work on the strength and endurance of the muscles around the ankle.
Starting Position:	Standing on your right foot, with left leg crossed behind and hands on the wall.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Come onto your right toes in a smooth, controlled manner, with a focus on the work and movement happening in the ankle. 2. Perform 2 sets for 10 repetitions with a minute rest between sets, every other day.
Progressions:	- None
Contraindications & Common Mistakes:	- None
Video of this exercise: http://vimeo.com/37339985 / Password: 3Shin	

EXERCISE 27: Depth Jump



Purpose:	To strengthen the lower leg with a plyometric exercise.
Starting Position:	Start on a riser or step (12 inches off the ground), in a jumping ready position.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Jump off the riser. Just when your feet touch the ground, jump straight up. 2. Perform 1 set for 10 repetitions, every other day.
Progressions:	- None
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Shin Pain – If you have shin pain, discontinue the exercise. - Big Jumps – Start off with a small jump and increase.
Video of this exercise: http://vimeo.com/37340209 / Password: 3Shin	

EXERCISE 28: Box Jump



Purpose:	To work strengthening the lower leg with a plyometric exercise.
Starting Position:	Start in front of a riser or step (12 inches off the ground), in a jumping ready position.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Jump onto the riser. Just when your feet touch the riser, jump straight up and off. 2. Perform 1 set for 10 repetitions, every other day.
Progressions:	- None
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Shin Pain – If you have shin pain, discontinue the exercise. - Big Jumps – Start off with a small jump and increase.
Video of this exercise: http://vimeo.com/37340209 / Password: 3Shin	

EXERCISE 29: Alternating Leg Bounding

Start	End
Purpose:	To strengthen the lower leg with a plyometric exercise.
Starting Position:	Start in a standing position.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Take big bounding steps. 2. After performing 10 of them stop. 3. Perform 1 set for 10 repetitions, every other day.
Progressions:	- None
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Shin Pain – If you have shin pain, discontinue the exercise. - Big Jumps – Start off with a small jump and increase.
Video of this exercise: / Password: 3Shin	

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About Rick Kaselj

Rick Kaselj, M.S. (Exercise Science), B.Sc. (Kinesiology), PK, CPT, CEP, CES



Rick Kaselj specializes in exercise rehabilitation and fitness. He works in one-on-one and group rehabilitation settings, educating and training people who have been injured at work, in car accidents, and during sport activities.

Rick has combined his rehabilitation experience and passion for research to develop a variety of courses and presentations for fitness professionals, Kinesiologists, and healthcare providers. Rick has given over 302 presentations to 5897 fitness professionals across Canada and USA. These courses include:

- Core stability of the shoulder
- Exercise rehabilitation for the shoulder, lower back, hip, or knee
- Foam roller essentials
- Intro and advanced core stability
- Intro and advanced stability ball exercises
- Postural assessment and exercise prescription
- Injury-free running
- Save your shoulders
- Training for better golf

Rick strives to balance his work life with his personal fitness endeavours and travel. He has trained for and competed in the Manitoba Marathon, the 225 km Ironman Canada Triathlon, and the 160 km Sea2Summit Adventure Race in Whistler, BC.

He has hiked 4,300 km along the *Pacific Crest Trail* from Mexico to Canada and mountain biked the 5,000 km *Great Divide Mountain Bike Route* over the Rocky Mountains from Mexico to Canada. An avid traveler, Rick has toured three continents and visited 17 countries.

In 1997 he graduated with his Bachelor of Science degree in Kinesiology from Simon Fraser University. Rick recently completed his Masters of Science degree focusing on corrective exercise and therapeutic exercise for the rotator cuff. Rick currently works as a lecturer, Kinesiologist, personal trainer, writer of exercise rehabilitation and exercise rehabilitation specialist in and around Vancouver, British Columbia, Canada.

To learn more about Rick Kaselj, please visit <http://www.ExercisesForInjuries.com>

About Healing Through Movement



Healing Through Movement

Fitness • Rehabilitation • Presentations • Publications

Healing Through Movement has been helping people reach their health, fitness, rehabilitation and sport goals since 1999.

How Healing Through Movement can help you:

Active Rehabilitation – This individualized program is designed to help you overcome injury by using flexibility, endurance, strength and cardiovascular exercises.

Adaptive Fitness – A personalized exercise program designed for youth and adults with special needs. The types of special needs may include cerebral palsy, multiple sclerosis, brain injury and/or developmental disability.

Adventure Travel Presentations – A full sensory experience including music, images, and storytelling on the experience and adventure of hiking the 4,300 km Pacific Crest Trail, cycling Cuba, and cycling the Rockies from Mexico to Canada.

Corrective Exercise – An exercise program designed to address your muscle imbalances and areas of tightness and pain.

Endurance Training – An individualized training program created to help you complete your desired running, cycling, duathlon, triathlon, or adventure race.

Exercise Rehabilitation – An exercise program designed to help you recover from your injury or medical condition in a safe and effective manner.

Exercise Rehabilitation Courses – Education and training for registered Kinesiologists, exercise therapists, and personal trainers on the use of exercise as a safe and effective tool to recover from back, shoulder, knee, hip, ankle, elbow and wrist injuries.

Expedition Training – Forming a complete plan including gear selection, route preparation, nutrition guidelines and a training program to help accomplish your hiking, biking or kayaking dream.

Personal Training – An exercise program to help you reach your weight loss, strength gain, and body shape improvement goals.

Pool Therapy – Use the pool environment to decrease stress on joints and to help your body recover from injury by improving range of motion, strength, endurance and balance.

Post Rehabilitation – After you have completed physical therapy, chiropractic or massage therapy treatment, this is an exercise program designed to help you recover from your injury and return your body back to where it was before your injury.

Where can Healing Through Movement meet me:

In Person – Healing Through Movement can meet you at your home, local community centre or fitness centre to help you achieve your health, fitness, training, sport, travel or rehabilitation goals.

Phone/Online Training – More clients are meeting with Healing Through Movement over the phone or through email to reach their health, fitness, training, sport, travel or rehabilitation goals.

Founder of Healing Through Movement - Rick Kaselj

Rick Kaselj is a Registered Kinesiologist and Personal Trainer with a passion for exercise rehabilitation. Rick designs effective exercise programs that safely and rapidly help his clients recover from an injury, medical condition, and/or musculoskeletal pain, and reach their health, rehabilitation, and sport goals. Rick presents courses on exercise rehabilitation and adventure travel across Canada and USA. To reach Rick, call (888) 291-2430 or visit <http://www.HealingThroughMovement.com> .



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Other Products from Rick Kaselj

To order these books, visit <http://ExercisesForInjuries.com>

Muscle Imbalances Revealed – Lower Body (Earn 6 CECs)



As fitness professionals we often just focus on strength, flexibility and cardiovascular techniques with our clients in order to help them reach their goals. By just focusing on these three exercise techniques you hamper your client's ability to overcome injuries, bust through fitness plateaus and stay injury-free. To get past this what you need in your toolbox is a full understanding of muscle imbalances.

Muscle Imbalances Revealed goes beyond stretching what is tight, strengthening what is weak or just performing corrective exercises. It assists the fitness professional in understanding the synergies that exist within the body and walks you through the intricacies of muscle imbalances. In Muscle Imbalances Revealed, the fitness professional will be guided by 6 experts from various professions on how to identify, address and perform the most effective exercises to address muscle imbalances and increase the speed of injury recovery, bust through fitness plateaus and prevent injuries.

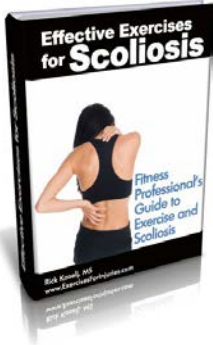
For more information visit - <http://MuscleImbalancesRevealedLowerBody.com>



Muscle Imbalances Revealed – Upper Body (Earn 7 CECs)

In the Upper Body Edition of Muscle Imbalances Revealed, you will be guided by four experts from various health professions on how to identify and address muscle imbalances and perform the most effective exercises to improve performance, bust through fitness plateaus, increase the speed of injury recovery and prevent future injuries in the upper body.

For more information visit - <http://MuscleImbalancesRevealedUpperBody.com>

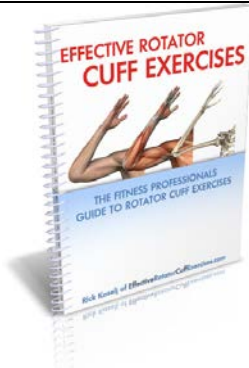


The Most Effective Exercises For Scoliosis (Earn 6 CECs)

- Fitness Professional's Guide to Exercise and Scoliosis -

Exercise is recommended by physicians for people with scoliosis. With more people with scoliosis leaning towards exercise to help improve their condition, it is vital for the fitness professional to be educated and prepared to work with these clients. Exercise can help safely alleviate pain, stiffness, de-conditioning, and muscular weakness associated with scoliosis. Gain a comprehensive understanding of scoliosis, how to design an appropriate exercise program for your clients with scoliosis and discover the most effective exercises for scoliosis. If you are ready to increase your confidence working with clients with scoliosis, would like to understand how to safely train clients with scoliosis and empower yourself with the exercises to help your clients with scoliosis, then *Effective Exercises for Scoliosis* is a must for you.

For more details visit - <http://EffectiveExercisesForScoliosis.com>



Effective Rotator Cuff Exercises (Earn 6 CECs)

- Fitness Professional's Guide to Rotator Cuff Exercises -

Rotator cuff injuries are the most common shoulder injuries fitness professionals will face. Exercise is recommended by physicians for people with rotator cuff injuries and therefore, it is vital for the fitness professional to be educated and prepared to work with these clients. Exercise can help safely alleviate pain, decrease stiffness, increase range of motion, and improve rotator cuff strength. This course will help you gain a comprehensive understanding of rotator cuff injuries, how to design an appropriate exercise program for your clients with a rotator cuff injury, and discover the most effective exercises for the rotator cuff. If you are ready to increase your confidence working with clients with rotator cuff injuries, would like to understand how to safely train clients with rotator cuff injuries and empower yourself with the best exercises to help your clients with rotator cuff injuries, then *Effective Exercises Rotator Cuff Exercises* is a "must take" course for you.

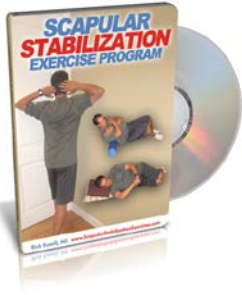
For more details visit - <http://EffectiveRotatorCuffExercises.com>

Interested in a Shoulder Injury Guide?

Visit <http://ExercisesForInjuries.com>

To order these manuals, visit <http://ExercisesForInjuries.com>

Ready-to-Download Video Presentations from Rick Kaselj



Scapular Stabilization Exercise Program

Shoulder injuries lead to pain, prevent people from doing the things they love and make the simplest tasks challenging. Many will learn strength exercises to help them recover from their shoulder injury, but too often these strength exercises will lead to slower recovery from a shoulder injury. What needs to be done before strengthening the shoulder is activating, building endurance and strengthening the scapular stabilization muscles. Adding this one step will speed up the recovery from a shoulder injury and prevent re-injury of the shoulder.

For more details visit - <http://ScapularStabilizationExercises.com/>



Sacroiliac Pain Solution

The most common and most ignored injury in females is the sacroiliac joint. Most times the exercise program that is given is what one would give for someone with a lumbar spine lower back injury,. The SI joint exercise program design is very different than that of a regular lower back injury program. In this practical and hands on presentation you will learn the 5 step exercise process to overcome your client's or your sacroiliac joint (SI joint) injury.

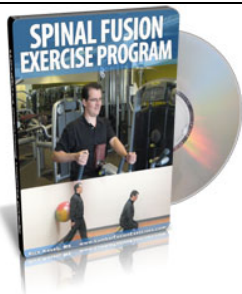
For more details visit - <http://SacroiliacPainSolution.com/>



Shoulder Pain Solved

Shoulder pain is one of the most common injuries people will face. Many times people will just stop using their arm in order to avoid the pain. The odd time they use their arm, they will be reminded of their shoulder pain. Don't just ignore your shoulder pain, do something about it. Shoulder Pain Solved is a step-by-step program that requires minimal equipment and only a few minutes a day in order to get you on the road to a pain free shoulder.

For more details visit - <http://www.shoulderpainsolved.com/shoulder-pain-solved/>



Lower Back Spinal Fusion & Exercise

In many situations, a lower back condition can lead to lower back spinal fusion surgery. It is estimated 126,000 spinal fusion surgeries occur a year in the USA and since 1996 the number of surgeries has increased by 116%. The group that has had the greatest increase in lower back spinal fusion is adults over 60. Lumbar compression fractures, spinal deformities, spondylolisthesis, lumbar instability, disc herniation and degenerative disc disease are common conditions that can lead to lower back spinal fusion. A key component in the recovery from lower back spinal fusion surgery is exercise. The role of exercise after spinal fusion is important in speeding up recovery, strengthening the muscles supporting the vertebrae and improving the endurance of core stability muscles. The focus of the spinal fusion and exercise webinar will be exercise program design and exercises for a client who has had a lower back spinal fusion.

For more details visit - http://exerciseforinjuries.com/lumbar_fusion_exercises/



Exercise and Plantar Fasciitis

The role of exercise for plantar fasciitis is vital in helping with a speedy recovery, decreasing pain, decreasing the risk of reoccurrence and in creating an action plan on what to do if symptoms return. The focus of the plantar fasciitis and exercise video presentation is an exercise program and exercises for a client that has plantar fasciitis.

For more details visit - <http://BestPlantarFasciitisExercises.com>



Knee Injury Solution

I often get asked, "How do I strengthen my knees?", or "I have injured my knee, what exercises can I do to fix it?" Knee Injury Solution answers these questions. It gives you videos and an exercise manual with a variety of exercises that you can do with minimal or no equipment to strengthen your knees, rehabilitate or prevent a knee injury.

For more details visit - <http://KneeInjuryExercises.com>

**Interested in receiving over \$299 worth of
fitness education information?**

Visit <http://ExercisesForInjuries.com>
