

Viper Volleyball's Shin Splints Pre/Post Menu

prepared on: Mon, Dec 8, '08

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#	Sets	Reps	Duration	ECise
1	1	40		Supine Foot Circles & Point/Flexes
2	1	1	0:02:00	Supine Calf & Hamstring Stretch
3	1	1	0:01:00	Crocodile
4	1	10		Pelvic Tilts
5	1	1	0:02:00	Static Extension Position
6	1	1	0:02:00	Airbench
7	1	1	0:01:00	Counter Stretch - Wall

Instructions:

Try and get these exercises done before and directly after a practice or game to prevent/reduce injury.

1 **Supine Foot Circles & Point/Flexes**

prepared for Viper Volleyball



Repeat this eCise 40 times

Instructions:

Lie on back with one leg extended and the other leg bent and toward chest. Clasp your hands behind the bent knee while you circle that foot. (Keep the foot on the floor pointed straight up toward ceiling and your thigh muscle tight). Reverse and circle the other way. Make sure the knee stays absolutely still with movement coming from the ankle and not the knee. For the point/flexes, bring the toes back toward the shin to flex, then reverse the direction to point the foot. Switch legs and repeat.

Purpose:

This exercise promotes proper function of the lower leg muscles and encourages stabilization of the hip joint on the same leg

2

Supine Calf & Hamstring Stretch

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Hold this eCise for 02 min.

Instructions:

Lie on your back with your knees bent. Position 1: Take a long strap or towel and place it under the ball of one foot. Straighten that leg and pull your toes down toward your hips to feel a stretch in the back of your lower leg. Be sure that the straight leg and the bent knee are beside each other. HOLD. Position 2: Place the long strap or towel on the heel of the straight leg. Pull that leg back toward the hips to feel a stretch in the back of the upper leg. Do NOT let the hip pull up off the floor. HOLD. Keep your shoulders relaxed back toward the floor.

Purpose:

This exercise promotes unilateral lumbar engagement with emphasis on using pelvic flexors

3

Crocodile

prepared for Viper Volleyball



Hold this eCise for 01 min.

Instructions:

1. Lie on your back, legs straight, arms out to the sides, palms touching the floor
 - * Your ankles, knees, hips and shoulders should all be aligned
 - * Your arms should be straight out from your shoulders, not above or below them
2. Starting with your right leg, put your right foot on the toes of your left foot, keeping both feet flexed with the toes pointing toward the ceiling
 - * The heel / Achilles tendon of your right foot should sit between the big toe and the second toe of your left foot
3. Rotate onto the left hip (the hip of the leg that is still on the ground) by pulling the right hip off the ground
4. Turn your head to the right
5. Tighten/squeeze your thighs and butt muscles
6. Hold this position and breathe as directed on your menu
7. Switch and repeat on the other side

Notes:

- * This is easier to do with shoes on
- * Keep your feet flexed, your thigh and butt muscles tight and your upper body relaxed throughout the e-cise
- * You should feel the muscles in lower and mid back stretching and working to rotate you

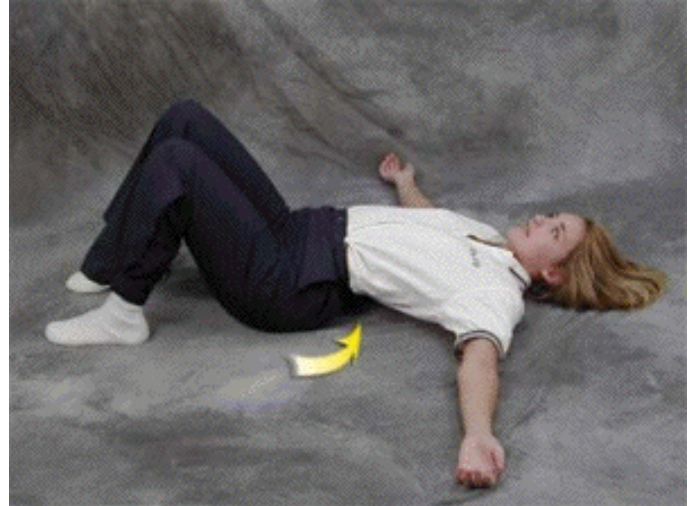
Purpose:

This exercise promotes knee extension and spine rotation.

4

Pelvic Tilts

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Repeat this eCise 10 times

Instructions:

Lie on your back with your knees bent. Make sure your hips, knees and feet are aligned. Roll your hips backward to flatten your back to the floor and then roll them forward to arch your low back. Remember to relax your upper back. REPEAT

Purpose:

This exercise takes the lumbar spine through flexion and extension through the pelvic movement

5

Static Extension Position

prepared for Viper Volleyball



Hold this eCise for 02 min.

Instructions:

Start on your hands and knees. Move your hands about 6 inches forward and then move your upper body forward so that your shoulders are above your hands. Your hips are now forward of your knees about 6 inches. Keep your elbows straight and allow your shoulder blades to collapse together while your low back arches. Drop your head. Your low back arches because your hips roll forward to allow this movement to occur. **HOLD**

Purpose:

This exercise promotes lumbar and thoracic extension through bilateral hip demand

6

Airbench

prepared for Viper Volleyball



Hold this eCise for 02 min.

Instructions:

1. Stand against a wall with your feet and knees hip width apart and your feet facing straight ahead
2. Walk your feet away from the wall while sliding down at the same time
 - * You should end up like you are sitting in a chair that isn't there
 - * Your hips are very slightly higher than your knees; your ankles are slightly ahead of your knees
 - * Your lower back should be completely flat against the wall
3. Hold this position and keep the weight in your heels

Notes:

- * Your hands and arms should be relaxed down at your sides or resting lightly on your lap
- * Once you have lowered yourself into a sitting position your lower back should be flat against the wall

Purpose:

Through this exercise, promotes proper function of the lower load joints while stabilizing the opposing pelvis.

7

Counter Stretch - Wall

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Hold this eCise for 01 min.

Instructions:

1. Stand facing a wall
2. Place your palms about shoulder width apart on the wall, fingers pointing straight up
 - * Keep your feet pointed straight
3. Walk your feet back so that your weight is in your toes
 - * Keep the hips, knees and feet in alignment
4. Kick your buttocks/hips back to place an arch in your low back
 - * Keep your elbows locked out and tighten your quads
 - * Let your upper body drop between your arms
5. Hold as directed on your menu

Notes:

- * The key is to keep your hips tilted forward, and continue attempting to place an arch in your lower back throughout the e-cise