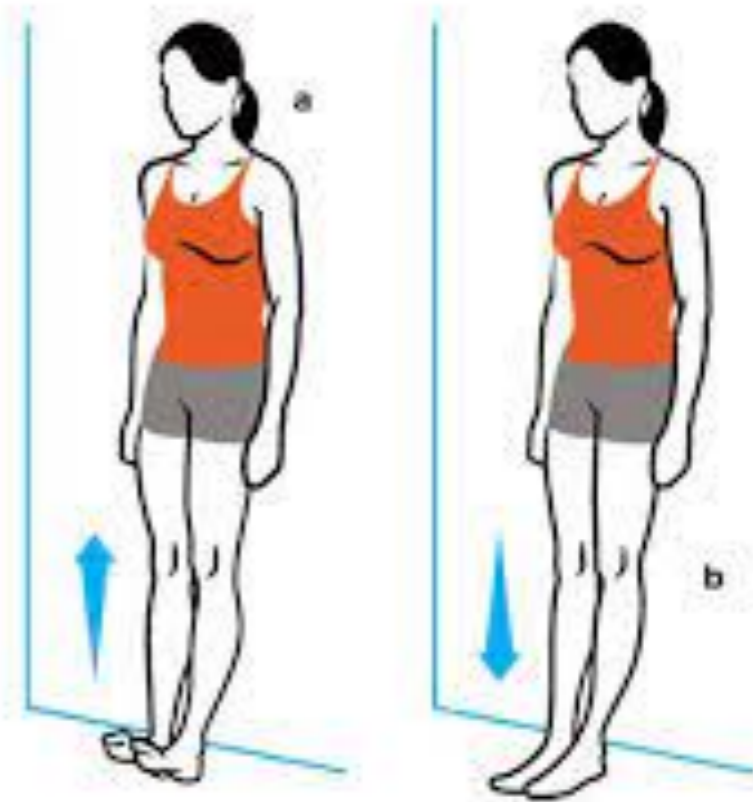
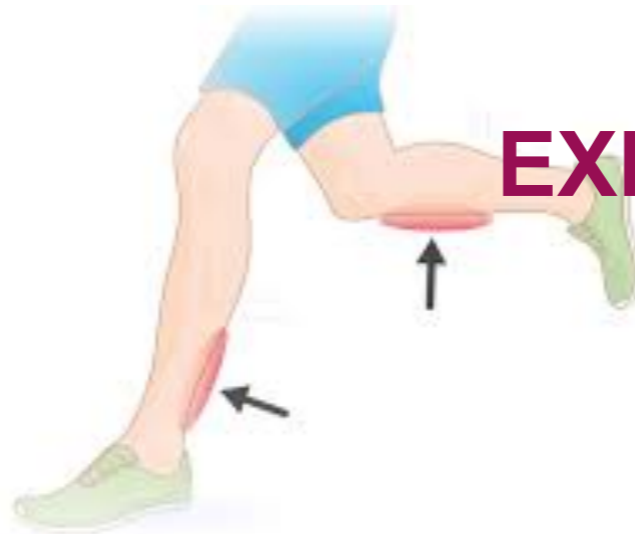


Summary: This is another one of those subtle exercises that I really think works. I have used it myself and with my runners to eliminate and to prevent anterior shin pain, which many trainers call shin splints. This is the pain that is felt across the shin that is not that localized after a bout of running or jumping type activities. Read on

Toe Lifts GREAT ATHLETIC TRAINING EXERCISE SERIES



Toe Lifts

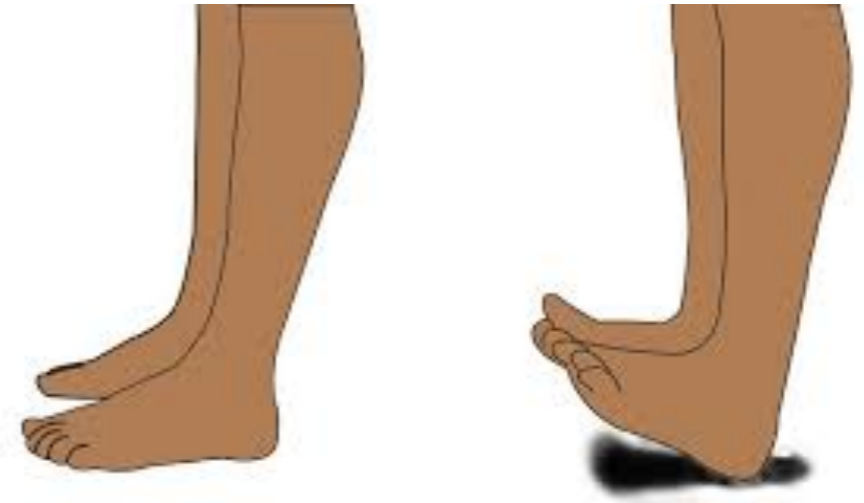
GREAT ATHLETIC TRAINING EXERCISE SERIES

Find a space that you can stand on securely. That can be:

- on the floor
- on a step with your ball of foot and toes hanging out over the edge
- on an incline with your toes lower than your heels

Lift and lower your balls of the feet, trying to lift all the toes.

[See Video](#)



This is another one of those subtle exercises that I really think works. I have used it with my runners to eliminate and to prevent anterior shin pain, which many trainers call shin splints. This is the pain that is felt across the shin that is not that localized after a bout of running or jumping type activities. The more localized pain could be a stress fracture, which is different from a shin splints. This exercise will not help with fractures. Stress fractures are tiny cracks in the bone that happens typically from overuse. Shin splints can happen from overuse, but more often from a novel bout of exercise (running or jumping). The body simply is not use to it. Typically novice runners have weak frontal shin muscle (anterior tibialis), which controls foot deceleration. Simply said, the muscles does not allow the foot to slap down when running. This muscle does not get worked to a great degree during normal daily activities, but is worked to a high degree when running. If you are not use to running this muscle will make itself be known. As I always say all muscles matter in the body and have to be strengthened to a degree in order for our joints to work efficiently. Strengthening the shin muscles may help reduce risk of ankle and tendon injury and improve foot health according to [Healthline.com](https://www.healthline.com). I have no studies to support this. One study suggested exercises like the toe lift help total foot function and balance in older people ([Study](#)). Toe raises in dancer was recommended in another study ([See study](#)). Even though research does not back me up I do say that it does work. If you are a runner it is definitely worth doing 2-3 x a week for 1-3 sets for high reps (15-20).

Shin splints occur when the muscles and bones in the lower part of the leg pull and tug at their insertion on the shin bone (the tibia) and it becomes inflamed (irritated and swollen) and painful