

Great Oak Baseball's Shin Splint/Lower Extremity

prepared on: Wed, Jun 17, '09

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| # | Sets | Reps | Duration | ECise |
|---|------|------|----------|------------------------------------|
| 1 | 1 | 20 | | Supine Foot Circles & Point/Flexes |
| 2 | 1 | 1 | 00:01:00 | Supine Calf & Hamstring Stretch |
| 3 | 1 | 1 | 0:01:00 | Crocodile |
| 4 | 1 | 10 | | Pelvic Tilts |
| 5 | 1 | 1 | 0:04:00 | Static Wall |
| 6 | 1 | 1 | 0:02:00 | Static Extension Position |
| 7 | 1 | 1 | 0:02:00 | Airbench |

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

prepared for Great Oak Baseball



Repeat this eCise 20 times

Instructions:

1. Lie on your back with one leg extended and the other leg bent and pulled up toward your chest
2. Clasp your hands behind the bent knee
3. Keep the foot on the floor pointed straight up toward the ceiling and your thigh muscles tight
4. Circle the lifted foot one way for the indicated number or repetitions, then reverse direction for the same number of reps
 - * Make sure the knee stays absolutely still with movement coming from the ankle and not the knee
5. For the point/flexes, bring the toes back toward the shin to flex, then reverse the direction to point the foot forward for the indicated number of reps
6. 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 01 min.

Instructions:

1. Lie on your back with your knees bent
2. Position 1: Take a strap or belt and loop it under the ball of one foot
3. Firmly holding the ends of the strap, straighten that leg and pull your toes down toward your hips to feel a stretch in the calf or back of your lower leg
 - * The leg being stretched should be pointing straight up toward the ceiling
 - * Do not let the leg bend at the knee
 - * Your upper body should be relaxed throughout the e-cise, shoulders back on the floor
4. Hold as directed on your menu
5. Position 2: Loop the strap under the heel of the straight leg
6. Pull that leg back toward the hips to feel a stretch in the back of the upper leg
 - * Do NOT let the hip lift up off the floor
7. Hold as directed on your menu
8. Switch legs and repeat both positions

Purpose:

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

3

Crocodile

prepared for Great Oak Baseball



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 floor) by pulling the right hip off the floor
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

prepared for Great Oak Baseball



Repeat this eCise 10 times

Instructions:

1. Lie on your back with your knees bent
 - * Make sure your hips, knees and feet are aligned
 - * Your arms should be out to the side, palms up
2. Roll your hips backward to flatten your lower back to the floor
3. Then roll your hips forward to arch your low back
4. Repeat as directed on your menu

Notes:

- * Remember to relax your upper back

Purpose:

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

5

Static Wall

prepared for Great Oak Baseball



Hold this eCise for 04 min.

Instructions:

STATIC WALL:1. Lie on your back with your legs pointed straight up and against the wall, upper body relaxed with arms out to sides at about 45 degrees and palms facing up

* When getting into this position, get your hips as close as possible to the wall, so once you are in position your butt is also as close as possible to the wall

* If your hips are lifting off the floor then scoot your butt back until you are able to place your hips flat. As you get more functional, your hips will sit closer to the wall and be flat on the floor at the same time

2. In this position tighten your thighs and pull your toes down and back toward you

* Your feet must be pointed straight for your hips to properly do the needed work to stabilize your spine

3. Hold as directed on your menu

* Be sure to keep your toes pulled back and thighs tight

Purpose:

This exercise promotes thoracic extension while limiting the rotation ability of the lower load joints

6

Static Extension Position

prepared for Great Oak Baseball



Hold this eCise for 02 min.

Instructions:

1. Start down on the floor on your hands and knees with your major joints aligned (i.e. shoulders directly above elbows and wrists, hips directly above knees)
 - * Hands should be placed shoulder width apart, palms flat with fingers pointed straight ahead
 - * Arms must remain straight, elbows locked
2. Walk your hands about 6 inches forward and then move your upper body forward so that your shoulders are again above your hands but now your hips are forward of your knees about 6 inches
3. Relax your low back allowing it to arch with the movement coming from the tilt of your pelvis
4. Collapse your shoulder blades together and drop your head down
 - * Your shoulders should be directly above your hands
 - * If your low back begins to hurt, back your hips up toward your knees; this will make the exercise a bit easier
5. Hold as directed on your menu

Purpose:

This exercise promotes lumbar and thoracic extension through bilateral hip demand

7

Airbench

prepared for Great Oak Baseball



Hold this eCise for 02 min.

Instructions:

1. Stand with your back against a wall with feet and knees hip width apart and feet pointed straight
2. Walk your feet away from the wall while sliding your body down at the same time
 - * You will be "seated" in an invisible chair, with your knees bent to 90 degrees
 - * Your hips are just slightly higher than your knees; your ankles are slightly ahead of your knees
 - * Your lower back should be completely flat against the wall
 - * Your arms can hang down to your sides, or rest your hands gently on your lap
3. Hold as directed on your menu
 - * Keep the weight in your heels, do not press forward on your toes

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:

This exercise promotes proper function of the lower load joints while stabilizing the opposing pelvis.