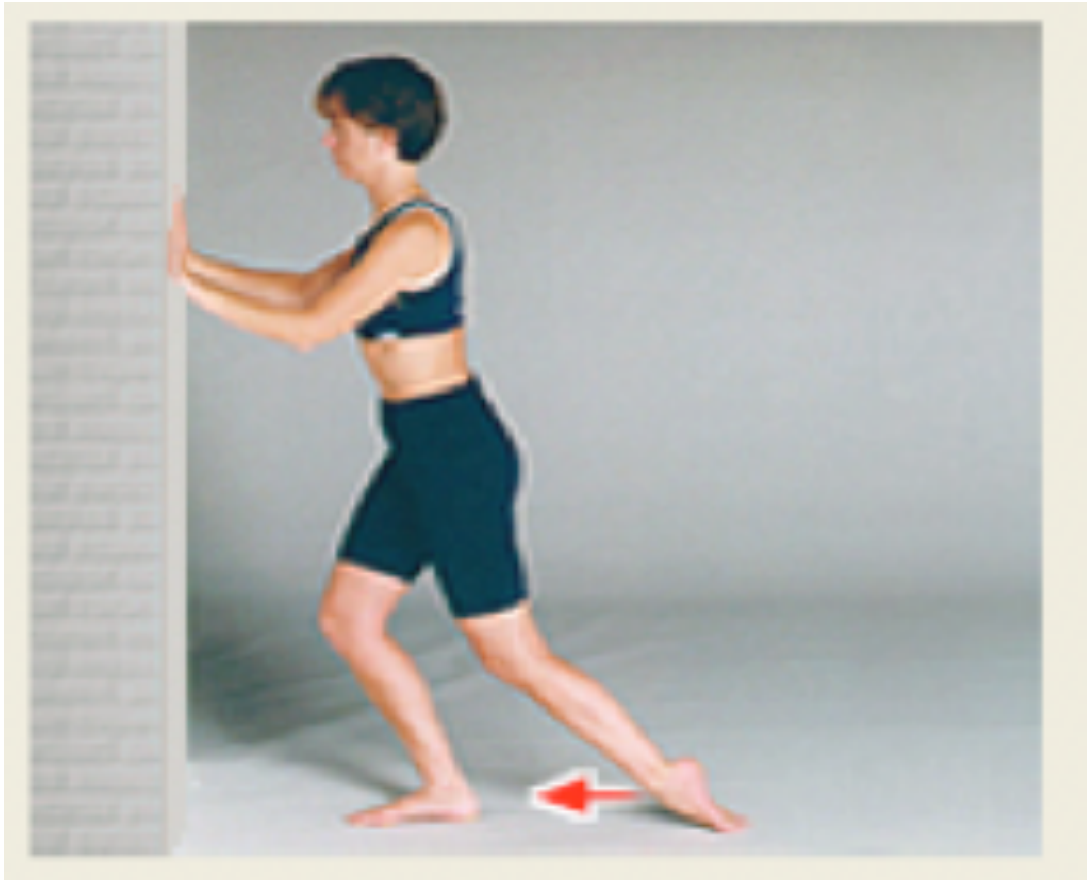


Shin Muscle Stretches (Tibialis Anterior)



- Perform stretch with no shoes on
- Stand facing wall with front leg slightly bent and the shin you plan to stretch behind you
- Point your toes down and lightly place the top of your toes against the floor
- Slowly and gently bend the front leg until you feel the shin begin to stretch
- Hold for 15-20 seconds, repeat with opposite leg