

Exercise plan:
Medial Tibial Stress Syndrome

Patient:
Injury Hub - Common Injuries

Date:
27th Sep 2018



Foam Roller Gastrocnemius Soleus

Sit down placing a foam roller under your calf muscles (back of the lower legs).

Your feet should be off the ground, and you can balance using your arms.

Roll the roller up and down your calves to create a stretch. You can cross your legs to emphasise the stretch on one side.

Find a "tender" spot and hold the pressure on it until the tenderness reduces. This can take anywhere up to 60 seconds.

Progress by pointing your toes backwards towards your knee.

Perform 2 times daily | Repeat 3 times | Hold for 30 | Perform both sides

Video: <https://youtu.be/7HUSLmnd2cA>



Foam Roller Gastrocnemius Soleus Single Leg

Sit down placing a foam roller under your calf muscle (back of the lower leg).

Your foot should be off the ground, and you can balance using your arms.

Roll the roller up and down your calf until you find a "tender" spot. Hold the pressure until the tenderness reduces. This can take anywhere up to a minute.

Progress by pointing your toes backwards towards your knee.

Perform 2 times daily | Repeat 3 times | Hold for 30 | Perform both sides

Video: <https://youtu.be/OnUeQuOr4YY>



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Heel Drop Gastrocnemius Stretch

Stand with your toes on the edge of a step or a box - with your foot rotated slightly inwards.

Hold onto something stable for support if required. Drop your heels downwards.

You should feel a stretch just below the back of your knee, in the calf (this part of the calf is known as the gastrocnemius).

Perform 2 times daily | Repeat 2 times | Hold for 30 | Perform both sides

Video: <http://youtu.be/8PQleXdrnXg>



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Gastrocnemius Stretch - Single Leg

Stand facing a wall, with your hands resting on the wall.

Move one leg forwards and gently bend your knee, this will be the passive leg and just there for support.

The leg you will be stretching will remain straight with your heel on the ground. You should feel a stretch to the leg at the back, in the calf muscle (known as the gastrocnemius).

Perform 2 times daily | Repeat 3 times | Hold for 30 | Perform both sides

Video: <https://youtu.be/EFnLIHNBQQ>



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Foam Roller Hamstring Stretch

Sit down placing a foam roller under your Hamstrings (back of the legs). Your feet should be off the ground, and you can balance using your arms.

Roll the roller up and down your Hamstrings.

Find a "tender" spot and hold the pressure on it until the tenderness reduces. This can take anywhere up to 60 seconds.

You can cross your legs to emphasise the stretch on one side.

Perform 2 times daily | Repeat 2 times | Hold for 30-60 | Perform both sides

Video: https://youtu.be/_noLvIMRNSE



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Foam Roller Tfl Lateral Quadriceps Prone

Lie on your side, resting your elbows on the floor, with the roller under your upper thighs.

Twist your body to focus the roller over the lateral (outside) part of your thigh to create a stretch to the lateral thigh muscles.

Perform 2 times daily | Repeat 2 times | Hold for 30 | Perform both sides

Video: <https://youtu.be/rlzcDEAOwKg>

Calf Raises One Leg Step

Stand on a step, hold onto a hand rail for balance if required.

Slowly raise up onto your toes, and control the movement back down just below the level of the step.

Hold the contraction for 2 seconds and take 4 seconds to return to the bottom.

This exercise will strengthen the calf muscle and ankle joint, but at the bottom of the movement put a stretch through the calf as well.

Hold for 30 | Perform both sides

Video: <http://youtu.be/Ovzq9hIKOSk>



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Hip Abduction Gluteus Medius Side-Lying

Lie on your side, and lift your leg upwards.

Hold this position for 2 seconds at the top and take 4 seconds to move your leg down.

This exercise predominantly strengthens your outer hip and gluteal (buttock) muscles, but also mobilises a stiff hip joint.

Perform 3 times daily | Repeat 12-15 times | Hold for 2s and 4s | Perform both sides

Video: <http://youtu.be/gNvzHTyPujs>



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Gluteal Contraction Isolated

Learn control of your gluteal muscles by contracting them.

Try to squeeze your buttock muscle towards the centre of your buttock cheek.

The cheek should go firm when contracted. It may require some help from your therapist to show you how to do this.

Perform 2 times daily | Repeat 2 times | Hold for 30 | Perform both sides

Video: <http://youtu.be/NJYRc0ztTDE>



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Clam

Lie on your side, with both knees bent.

Keeping your feet together, and squeeze your deep abdominal muscles by drawing the belly button inwards.

Open your knees, like a clam, hold for 2 seconds, and return to the start position taking 4 seconds to do so.

This is a good strengthening exercise for your gluteal (buttock) and outer thigh/hip muscles.

Perform 3 times daily | Repeat 12-15 times | Hold for 2s and 4s | Perform both sides

Video: <http://youtu.be/1ECrWm-3SKo>



Please stop any exercise that causes pain.
Good luck and keep with it!