

Wellness Walkers Info Sheet #3

THE BERMUDA PHYSIOTHERAPY ASSOCIATION

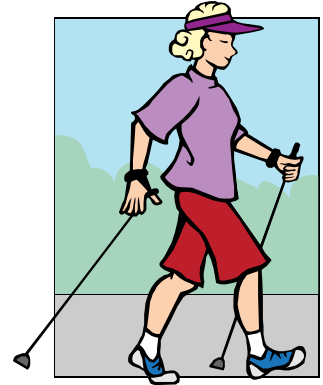


Injury Prevention Tip #1 — Shin Splints

Shin splint pain commonly happens whenever walkers start a walking program, start walking faster, change their shoe style, or change their stride. Shin splints are due to an imbalance between the muscles that lift the foot and those that pull it down. [Overstriding](#) can cause of shin splints, as can wearing walking shoes with a relatively high wedge heel. The shin splint pain will eventually go away as you develop your shin muscles and adjust to your new stride.

Here's How:

- 1. Do not overstride:** Overstriding is one of the major causes of shin splints. Keep your stride longer in back and shorter in front. Go faster by pushing off more with the back leg. [Overstriding](#)
- 2. Walking shoes with flexible soles and low heels:** You should be able to twist and bend your shoes, otherwise your feet and shins are fighting them with each step. Some "walking" shoes are not well designed for walking. If they don't twist and bend, select another style. Your walking shoes should be relatively flat, without a built-up heel.
- 3. Strengthen your calf muscles with exercises:** [Toe Raises](#) and [Shin Stretches](#) can help build the shin muscles and improve their flexibility so you can overcome shin splints.
- 4. Replace old, dead shoes:** Shoe cushioning is exhausted every 500 miles, often long before the soles or uppers show wear. But these old, dead shoes can contribute to shin splints and plantar fasciitis, as well as foot and leg fatigue.
- 5. Walk on softer surfaces:** Seek out barkdust, dirt, grass, or cinder walking paths rather than concrete.
- 6. Alternate walking days:** Walk only every other day until the pain disappears.
- 7. Ice:** Ice your shins before you walk, and again ice your shins for 20 minutes after you walk.
- 8. Keep legs warm during your walk:** Keep your legs warm with long socks during the walk.
- 9. Warm-up before going fast:** Warm up at an easy pace for ten minutes before you begin a faster paced walking workout.
- 10. Stretch after warming up:** Stop and do your stretch routine, especially the legs, after your warm-up.
- 11. Speed up only after warming up:** If you feel the calf pain, slow down.
- 12. Slow or stop if you feel shin splint pain:** If the pain does not go away quickly at a lower speed, end your walk.
- 13. Pain in the back of the leg:** For pain in the back of the leg, make sure you are not leaning forward when walking.
- 14. Pain in the front of the leg:** For pain in the front of the leg, a slightly higher shoe heel may work better.



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EXERCISE SESSION RECORD SHEET

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KEEP THIS FOR YOUR REFERENCE

Saturday, 9th January, 2010



Station (15 Reps)	HR	Borg RPE	Notes
1			
2			
3			
4			
5			
6			
7			
8			
Stretch			

Rating of Perceived Exertion Borg RPE Scale		
6	Very, very light	How you feel when lying in bed or sitting in a chair relaxed. Little or no effort.
7		
8		
9	Very light	
10		
11	Fairly light	
12	Somewhat hard	Target range: How you should feel with exercise or activity.
13		
14		
15		
16	Hard	
17	Very hard	How you felt with the hardest work you have ever done.
18		
19	Very, very hard	
20	Maximum exertion	Don't work this hard!

Intermediate/Advanced — Timed Walk			
Trial	Time	HR	Borg RPE
1			
2			
Notes:			

NEXT SESSION:
SATURDAY,
16th January, 2010
TIME: 9:00-10:00am
LOCATION:
National Sports Centre
(North Field)

PLAN TO ATTEND!!
BRING A FRIEND!

1. Don't forget to stick to a weekly exercise regime in order to continue towards your walking and fitness goal.
2. Review you fitness goal and recommit to achieving it. **YOU CAN DO IT!!**

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LOWER LEG - 8 Plantar Fascia

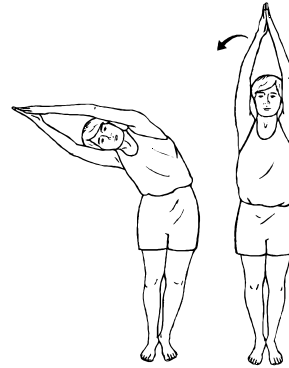
From stairs or a curb, lower heel until stretch is felt. Hold 30 seconds. Repeat with other heel.



Repeat 2 times.

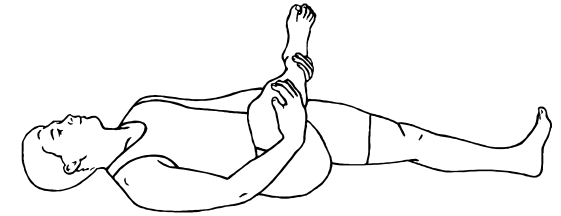
HIP OBLIQUE - 4 Abductors

From starting position, bend the body to the side as far as possible until stretch is felt. Hold 30 seconds. Repeat to other side.



Repeat 2 times.

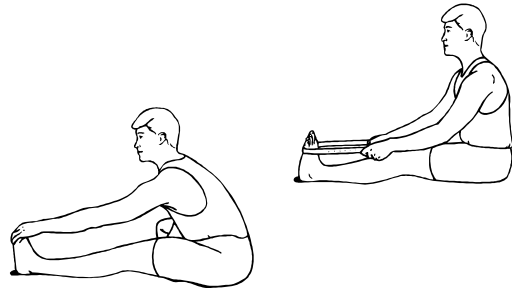
HIP OBLIQUE - 3 Internal Rotators



Gently pull foot and knee toward shoulder, rotating at hip. Hold 30 seconds. Repeat with other leg.

Repeat 2 times.

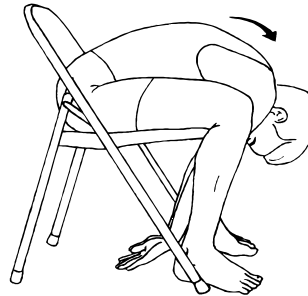
HAMSTRINGS - 2 Pull Back Toes, Single Leg



With towel or belt around foot, pull toes toward knee until stretch is felt. Hold 30 seconds. If you are more flexible, use hand to pull toes. Repeat with other leg.

Repeat 2 times.

UPPER BACK - 1 Upper and Mid Extensors

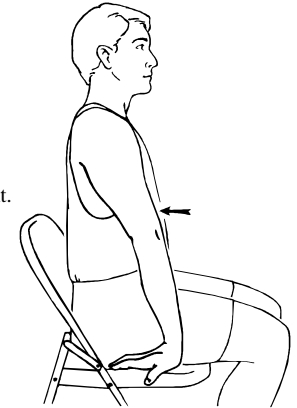


Lean forward until stretch is felt. For greater stretch, move arms toward back legs of chair. To return, put forearms on knees and push up. Hold 30 seconds.

Repeat 3 times.

ARMS - 3 Wrist / Flexors / Biceps

With palms flat and fingers pointing backward, slowly lean back until stretch is felt. Hold 30 seconds.



Repeat 3 times.

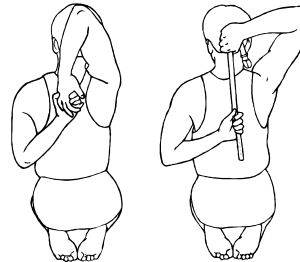
NECK - 7 Side Benders



Gently grasp side of head with one hand, placing the other hand behind back. Tilt head away until a gentle stretch is felt. Hold 30 seconds. Repeat to other side.

Repeat 2 times.

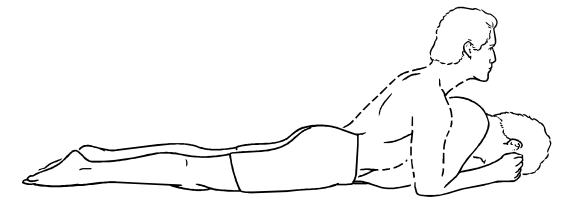
SHOULDERS - 2 Rotator Cuff / Extensors



Bring right hand behind head and down as far as possible. Reach up with left hand, palm facing out, and grasp right hand. Hold 30 seconds. May use belt as a beginner aid to help work hands closer together. Repeat with other side.

Repeat 2 times.

LOWER BACK - 1 On Elbows (Prone)



Rise up on elbows as high as possible, keeping hips on floor. Hold 30 seconds.

Repeat 3 times.