

strecthing



[geerup](#) 5 posts since

Dec 29, 2008

what is a good way to stretch your shins?



[LMc](#). 34 posts since

May 14, 2008 1. **Re: strecthing** Jan 8, 2009 8:41 AM

Stand with your foot flat against a wall, so that only your heel is touching the ground, and lean into the wall. Then stand so only your toe is touching the ground and lean into the wall. Keep the other foot flat on the ground. Then switch sides. It stretches your calves, but also works for me on shins.

And they have these little plastic contraptions that are rounded on the bottom, in a half circle shape that mimic the same movement, wich actually work better for the shins, because you can get a better angle leaning forward on your toes than you can using the wall. I've seen them in gyms, but have never seen them in a retail outlet, so I'm not sure where to tell you exactly to buy it. You could probably find something similar at a sporting goods store.



[HardCoreTrainer](#) 587 posts since

Jan 7, 2009 2. **Re: strecthing** Jan 8, 2009 8:54 AM

The muscle you are refering to is the tibialis anterior. This muscle works opposite the gastrocnemius, or calf muscle. There are some smaller muscles in the lower leg as well, but I will keep it simple.

stretching

I have found that the best method for stretching these muscles is by contracting the opposing muscle. This is called Dynamic Stretching.

1. Contract your calf muscle so that your toes are pointing down or away from you. This will stretch the tibialis anterior.

2. Now contract the tibialis anterior so that your toes are pointing up. This will stretch the gastrocnemius.

I recommend this method because these are relatively small muscles and can be easily damaged if overstretched and by using the opposing muscle to stretch, you are also strengthening it.