

## Strengthening the Shin Muscles

- **Bucket-handle exercise**

Wrap a towel around the handle of an empty water bucket. Sit on a table or other surface high enough to prevent the feet from touching the floor. Place the bucket handle over the front part of one shoe. Slowly raise the front of the foot by flexing the ankle, then slowly extend the foot by pointing the toe. Repeat 10 times, then rest for a few seconds. Do 2 more sets of 10. To increase resistance, add water to the bucket—but not so much that the exercise is painful.

- **Toe raises**

Stand up. Slowly rise up on the toes, then slowly lower the heels to the floor. Repeat 10 times, then rest for 1 minute. Do 2 more sets of 10. When this exercise becomes easy, do it while holding progressively heavier weights.

- **Outward rolls**

Stand up. Slowly roll the ankle out so that the inner part of the sole is raised off the floor. Slowly lower the sole back to the floor. Do 3 sets of 10.