

## Tibialis Anterior Exercises

### Heel Walk



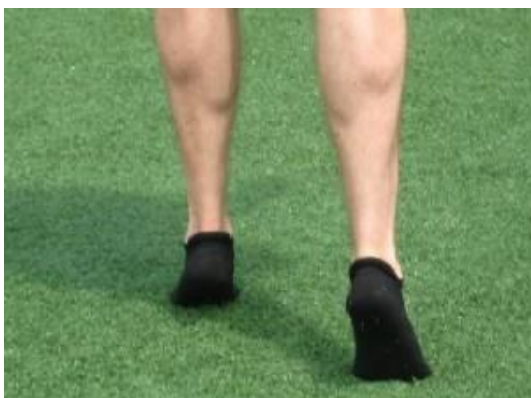
#### Value for runners:

Heel walks help strengthen the shins (specifically the tibialis anterior) to prevent shin splints.

#### Instructions and variations:

Keep your toes straight (don't let them splay out or in) and off the ground. Your weight should be on your heels. Keep your posture straight and upright, and take small steps. Walk for 30 steps (15 each foot)

### Toe walk



**Value for runners:**

Toe walking helps to develop the eccentric (support) strength and mobility in the muscles of the foot and calf, as well as the plantar fascia and Achilles tendon. The exercise also works the foot and ankle through a full range of motion. Toe walking also improves balance and stability, which are critical factors for improving efficiency, especially if transitioning to barefoot running.

**Instructions and variations:**

Only drop the heel of your foot slightly with each step (not all the way to the ground) and focus on flexing your foot and ankle to get as far on your toe as possible. Walk for 30 steps (15 each foot)