

TONS OF USEFUL STUFF

Men's Health

The Best & Worst Colleges for Men

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ASK MEN'S HEALTH

Mortal Shins

My shins get sore a lot. Is there any way to make them stronger?

—A.D., URBANA, ILL.

Most likely, you've taken up a new activity that involves a lot of running and jumping, or you've started a job at Nothing But End Tables. Either way, you can strengthen your shins with this simple exercise from Richard Braver, D.P.M., a New Jersey sports podiatrist: Stand. Then, one leg at a time, raise your toes toward your knee while keeping your heel on the floor [A]. When that becomes easy, try the same move with a light weight plate on top of your toes [B]. Do one set of 10 to 12 repetitions with each leg three times a week.

A



B



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