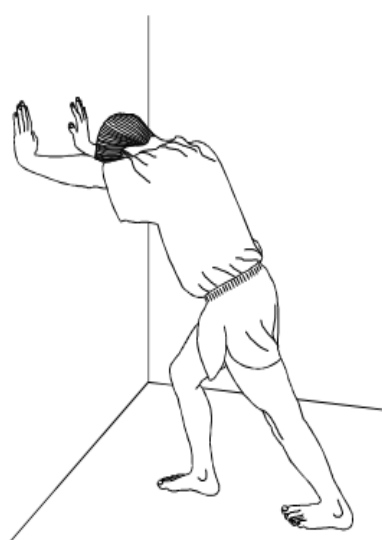


Calf Stretches

The following stretches are designed to improve the flexibility of the calf muscle (**figure 1**). If you are injured, you should discuss the suitability of these calf stretches with your podiatrist prior to commencing them.



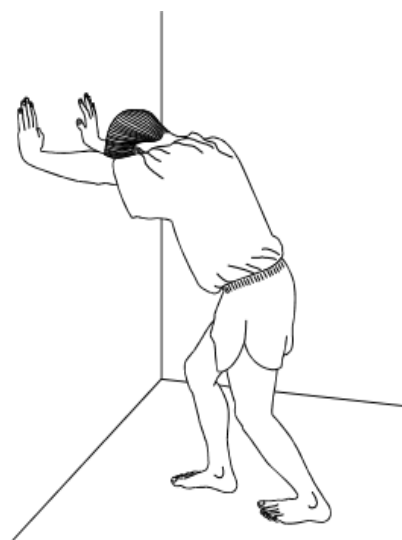
Figure 1: calf muscle (gastrocnemius & soleus)



Gastrocnemius Stretch

Figure 2: In the illustration above, the Gastrocnemius muscle of the left leg is being stretched.

1. Lean into a solid surface such as a wall and place the leg to be stretched behind the other leg.
2. Keep your heel down, knee straight and feet pointed forwards.
3. Gently lunge forwards until you feel a stretch in the back of your calf or knee. **Hold for 10-20 seconds and repeat 4 times at a mild to moderate stretch (pain free)**



Soleus Stretch

Figure 3: In the illustration above, the Soleus muscle of the left leg is being stretched

1. Lean into a solid surface such as a wall and place the leg to be stretched behind the other leg with the knee bent.
2. Keep your heel down, knee bent and feet pointed forwards.
3. Gently lunge forwards until you feel a stretch in the back of your calf or Achilles tendon. **Hold for 10-20 seconds and repeat 4 times at a mild to moderate stretch (pain free)**