

COMMENTS:

All of these movements should be performed to a "light to medium" level of stretch intensity. You should not be feeling any increase in pain during or after the exercises. If you do, please discontinue the exercise.

1



CALF STRETCH WITH TOWEL

While in a seated position, hook a towel under your foot and pull your ankle back until a stretch is felt on your calf area.

Keep your knee in a straightened position during the stretch.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Times a Day
Video # VVGU5LGMB

2



STANDING CALF STRETCH - GASTROCNEMIUS

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Times a Day
Video # VVNCZDYYG

3



Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Times a Day
Video # VVGUVSTYG

STANDING CALF STRETCH - SOLEUS

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a bent knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

4



Standing Plantar Fascia Stretch

Stand with foot against the wall and the toes pointing straight up and slowly lower your foot to the ground maintaining toes pointing up.

Bring your hips towards the wall until you feel the stretch in the bottom of the foot.

Repeat 3 Times
Hold 15 Seconds
Complete 1 Set
Perform 1 Times a Day