

Nottinghill Family Wellness Centre

Calf Stretches



STANDING GASTROCNEMIUS STRETCH

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 Time(s) a Day



STANDING SOLEUS STRETCH

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.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



CALF STRETCH TOWEL

Place a folded up towel on the floor and step on it with the front part the target foot. Maintain your heel on the floor.

Step forward with your other foot keeping your toes of both feet pointed forward until a gentle stretch is felt along the back of the target leg. Keep the target knee straight during the stretch.

Control the intensity of the stretch by bending your front most knee and or adjust the size of your step forward.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day

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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 Time(s) a Day



CALF STRETCH

While lying down on your back, hook a towel or strap under your foot and draw up your leg until a stretch is felt under your leg. calf area. Keep your knee in a straightened position during the stretch.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



Calf Stretch on a Stair

Standing on a stair so that the edge of the stair hits the midfoot, let one foot drop down below the stair so that a stretch is felt in the back of the lower leg. Hold and repeat on the opposite side.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



CALF STRETCH AT WALL

In a staggered position place the right toes against the wall and the right heel on the floor. Straighten the right leg and lean your weight towards the wall until some discomfort and release. Repeat with the left.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day