

# Calf Stretches

Tight muscles can cause problems for many reasons and can change the way you move. Tight calf muscles can make you sore in the feet and legs. Different movements in the feet and legs can produce muscle imbalances and soreness. Tight calf muscles and Achilles tendons can cause reduced movement in the ankle. There are two muscles in the calf; they are the Gastrocnemius and the Soleus.

## **Gastrocnemius Stretch**

1. Lean against a wall with your hands at chest height and put one foot forward.
2. The back leg should be straight and the other leg bent. Make sure your feet are pointing forward and your heels are on the ground.
3. Slowly lean your body forward until you feel a comfortable stretch at the back of the straight leg (where the arrows indicate in the pictures).
4. Keep your feet straight ahead at all times.
5. Hold for 1 minute.
6. Repeat with other foot. Frequency: 2x daily



## **Achilles Tendon and Soleus Stretch**

1. Similar to above but with back leg bent, you may wish to move both legs closer to the wall.
2. You should feel the stretch further down the leg, as indicated by the arrows in the pictures.
3. Keep your feet straight ahead at all times.
4. Hold for 1 minute
5. Repeat with other foot. Frequency: 2x daily



## **Seated Gastrocnemius Stretch with towel**

1. While sitting on the floor or on the bed wrap a towel around the ball of one foot.
2. Gently pull your foot and toes towards you using the towel remembering to bend your arms at the elbows until you feel a mild stretch.
3. Hold for 1 minute.
4. Repeat with other foot. Frequency: 2x daily

