

## Angel Chiropody & Podiatry – Recommended Calf Stretching Exercises

**ALWAYS WEAR LACED-UP TRAINERS.** Follow the exercises as checked below. If you feel tired or you begin to hurt, discontinue the exercise and resume after 24hrs. If the pain is consistent during a particular exercise, you should discontinue it and make a note of the location and type of pain (i.e. is it a sharp pain or a dull one) and the duration.

REPEAT 3 X each side  
Hold 30s  
Complete 1 x Daily



### 1. *Standing Gastrocnemius Stretch*

Start by standing in front a wall. Keeping your toes forward, step forward with one foot. Lean forward and support yourself with both arms.

Allow your **front knee to bend only** – keep the **rear leg and knee straight**. You should start to feel a gentle stretch along the back of the rear leg.

Stand closer to the wall to begin, and as you gain confidence you can move further away to increase the stretch. You can also bend the front knee higher or lower to control the stretch. Repeat for other side.

REPEAT 3 X each side  
Hold 30s  
Complete 1 x Daily



### 2. *Standing Soleus Stretch*

Start by standing in front a wall. Keeping your toes forward, step forward with one foot. Lean forward and support yourself with both arms.

Allow your **front knee to bend** – your **rear knee and leg should also be bent**. You should start to feel a gentle stretch along the back of the rear leg.

Stand closer to the wall to begin, and as you gain confidence you can move further away to increase the stretch. You can also bend the front knee higher or lower to control your stretch. Repeat for other side.

REPEAT 3 X each side  
Hold 30s  
Complete 1 x Daily



### 3. Calf Stretch with Towel

Start by sitting on a firm, comfortable surface such as a yoga mat. Make sure that you have a clean, small towel that you don't share with anyone else or will use for bathing.

Loop a towel under your bare foot and **pull your ankle** back until you start to feel a gentle stretch in your calf area. Repeat for other side.

Keep your knee and leg straight during the stretch.  
Do **NOT** use a stretch band

REPEAT 3 X each side  
Hold 30s  
Complete 1 x Daily



### 4. Calf Staircase Stretch

Make sure that you are wearing good quality trainers that are properly-laced. You may keep a loose hold of the rail but try not to lean on it.

Keep the front foot firmly on the stair – place the other so the **midfoot is over the edge of the step**.

Now let your rear foot drop, so that the toes point up while the heel points down and you can feel a gentle stretch along the back of your leg.

Hold for 30 seconds, then repeat on the opposite side.