

## CALF-STRETCHING EXERCISES

- **Calf-stretching exercises**

- These are done while leaning against a wall. Place one foot in front of the other, keeping your heels on the ground and your feet pointing straight ahead.
- For the first exercise, bend your front knee and keep your back leg and knee straight. Lean into the wall by bringing your hips forward (see picture at right). You should feel a mild pulling (not painful) sensation along the back of the back leg. Hold this for 30 sec. Repeat 3 times and switch legs to stretch the opposite calf muscles.
- For the second exercise, keeping the same position (feet straight ahead, heels down, and front knee bent), now bend the back knee. Lean forward again and hold this position for 30 sec. Repeat 3 times and switch legs to stretch the opposite calf muscles.



- **Eccentric stretching of the tendon**

- Find a staircase or small step. Using both feet, place your heels off the step and slowly lower them, keeping your knees straight, until you feel a mild pulling (not painful) sensation along the back of the legs (see picture at right). Hold this for 30 sec. Repeat 3 times.
- Once you are comfortable with the above exercise, you can try doing single heel drops.



*Disclaimer: It is recommended that you consult your own doctor prior to starting any of these exercises.*