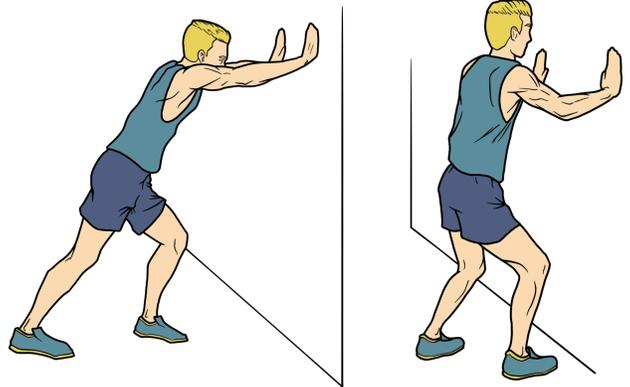


CALF-STRETCHING EXERCISES

If you are injured, make sure you are cleared by your healthcare professional prior to starting any exercise, or stretching, regimen. The below exercises are commonly recommended for conditions such as **Achilles tendinitis** (inflammation of the Achilles tendon), **plantar fasciitis** (inflammation of the ligament underneath the foot), **equinus** (tight calf muscles), and **calcaneal apophysitis** (inflammation of the heel growth plate region).

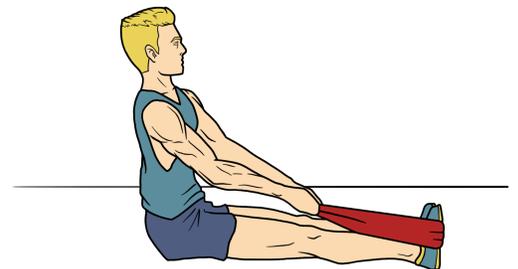
- **Wall Stretches** – These are done while leaning against a wall. Place one foot in front of the other, keeping your heels on the ground and your feet pointing straight ahead.
 - For the first exercise, bend your front knee and keep your back leg and knee straight (see *first picture at right*). Lean into the wall by bringing your hips forward. 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 then switch legs.
 - For the second exercise, keeping the same position (feet straight ahead, heels down, and front knee bent), now bend the back knee (see *far right picture*). Lean forward again and hold this position for 30 sec. Repeat 3 times and then switch legs.



- **Step Stretches** – 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. Hold this for 30 sec. Repeat 3 times.
 - Once you are comfortable with the above exercise, you can try doing single heel drops (*picture at right*).



- **Towel Stretches** – These exercises are done while seated on the ground.
 - For the first exercise, place a towel around the ball of your foot and while keeping your knee straight, slowly pull the towel towards your body until you feel a mild pulling along the back of your leg. Hold this for 30 sec. Repeat 3 times and switch legs to stretch the opposite calf muscles.
 - For the second exercise, bend the involved knee slightly (like you did with the wall stretches), then pull the towel towards you again and hold for 30 sec. Repeat 3 times and switch legs to stretch the opposite calf muscles.



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