



GASTROCNEMIUS STRETCH WITH TOWEL

Sit with your legs out straight, grasp a towel in both hands and loop the middle over the foot of the leg to be stretched. Gently pull the ends of the towel back towards you until you feel a stretch in your calf. Hold.

SETS & REPS: 30sec Hold

FREQUENCY: 2-3 x day



SOLEUS STRETCH WITH TOWEL

Sit on a chair with your leg bent in front of you and pelvis tilted forwards. Grasp a towel in both hands and loop the middle over the foot of the leg to be stretched. Gently pull the ends of the towel back towards you until you feel a stretch in your calf. Hold.

SETS & REPS: 1-3 reps

FREQUENCY: 3 x day



GASTROCNEMIUS STRETCH

Pressing against a wall with your front leg bent and back leg straight, lean your body forward until you feel a stretch in the calf of your back leg. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 3-4 x day



SOLEUS STRETCH

Pressing against a wall with one foot in front of the other and your knees bent, drop your hips down towards the ground, bending your back knee further, until you feel a stretch. Keep the heel of your back leg down and feet pointing forwards. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 3-4 x day



GASTROCNEMIUS STRETCH ON STEP

With the ball of your foot on the edge of a step and your knee straight, slowly drop your heel down until you feel a stretch in your calf. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 3-4 x day