

Calf Stretching Exercises

This information leaflet has been produced to provide our patients with an overview of their condition and what treatments they may expect. However, each person is different and the treatment you are offered will depend on your unique circumstances.



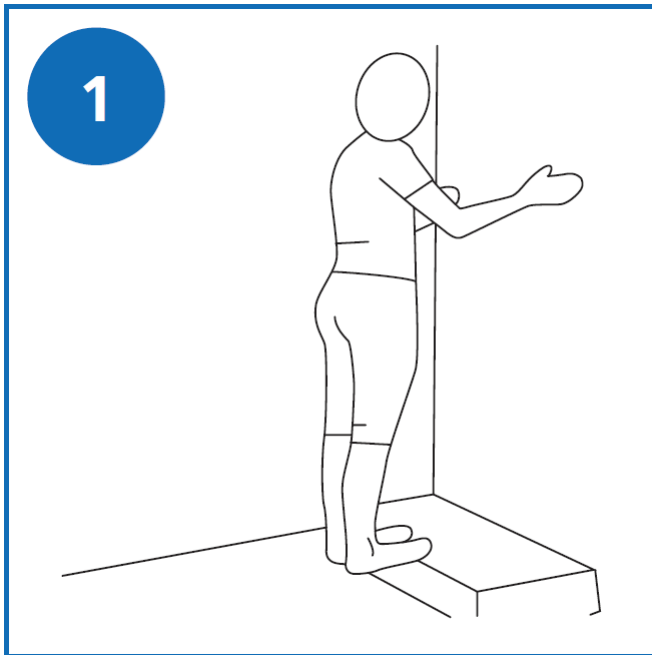
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The following are exercises which may be done to stretch your calf muscles.

Exercise 1

Stand on a step holding onto a support with both hands. Have your heels over the edge of the step. Let the weight of your body gently stretch your heels towards the floor. Make sure you keep your knees straight. A moderate stretch of the calf muscles should be felt.

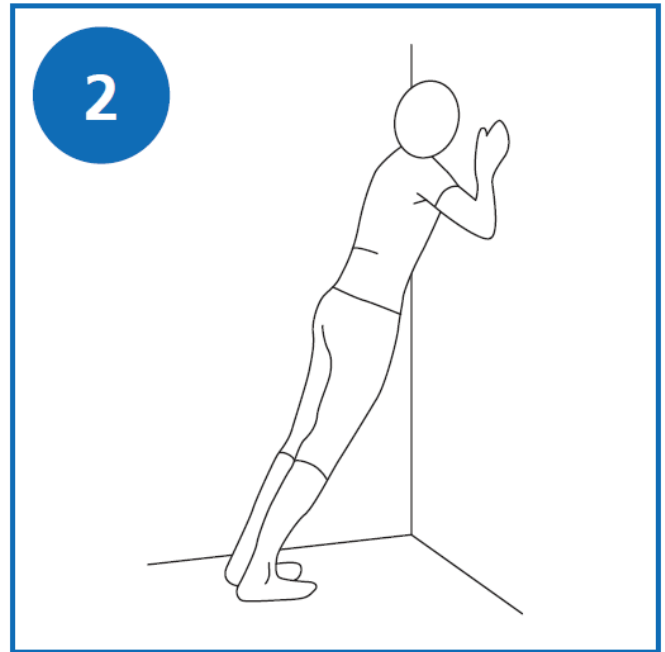
Hold for 30 seconds then relax. Repeat 3 times. Repeat this twice a day.



Exercise 2

Stand at arm's length from a wall, leaning against it with your feet together and your arms and back straight. If you have orthotics (insoles), wear these with your shoes, or make sure that your foot is in a good position (as advised by your physiotherapist). Gently let your body lean towards the wall keeping your heels on the ground and your knees straight. You should feel a gentle stretching in your calves.

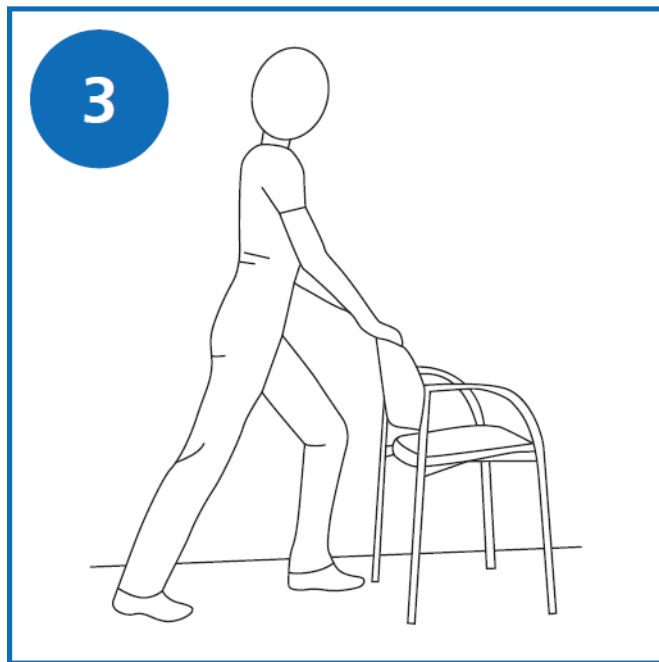
Hold for 30 seconds then relax. Repeat 3 times. Repeat this twice a day.



Exercise 3

Stand in a walking position at arm's length from a wall or chair for support. Have the leg to be stretched behind you and keep your back knee straight and your front knee bent. Keep your feet perpendicular to the wall / chair. If you have orthotics (insoles), wear these with your shoes, or make sure that your foot is in a good position (as advised by your physiotherapist). Gently lean your body forwards and down until you feel a gentle stretch in the calf of the straight leg.

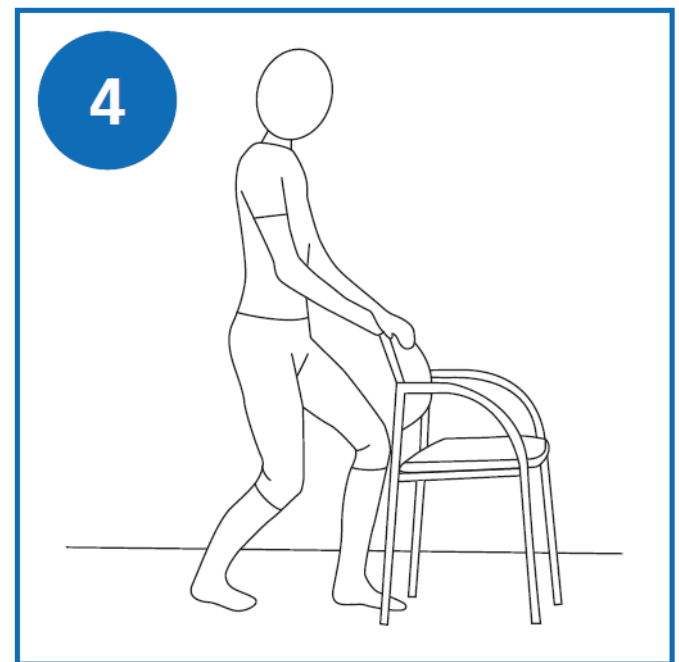
Hold for 30 seconds then relax. Repeat 3 times on each leg. Repeat this twice a day.



Exercise 4

Stand in a walking position at arm's length from a wall or chair for support. Have the leg to be stretched behind you and keep your back knee straight and your front knee bent. If you have orthotics (insoles), wear these with your shoes, or make sure that your foot is in a good position (as advised by your physiotherapist). Gently bend your back knee, keeping both heels on the floor until you feel a gentle stretch in the calf of your back leg.

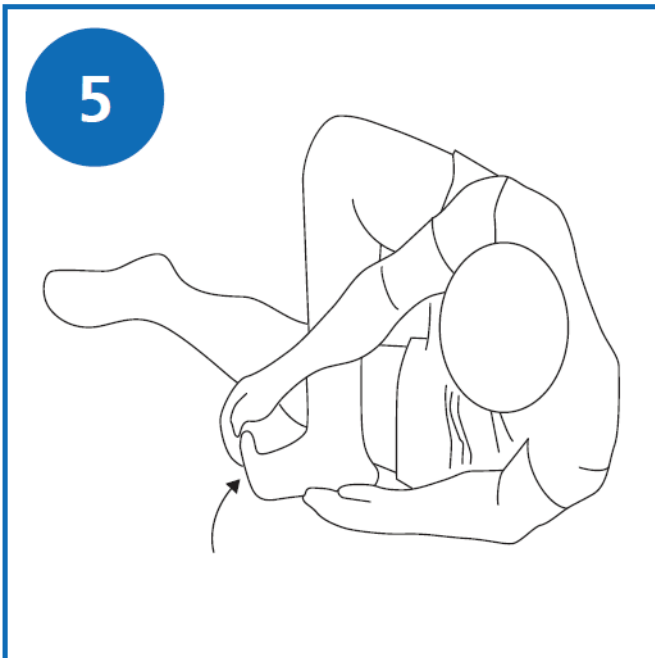
Hold for 30 seconds then relax. Repeat 3 times on each leg. Repeat this twice a day.



Exercise 5

Sit with your affected leg resting on your other leg. Use one hand to bend your toes and ankle up, and use the other hand to support near your heel so you feel a gentle stretch under your foot.

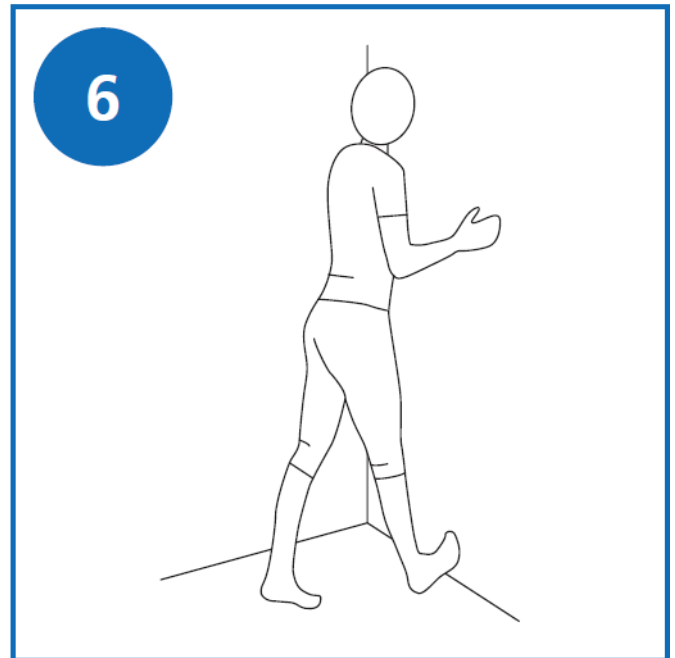
Hold 30 seconds then relax. Repeat 3 times. Repeat twice a day.



Exercise 6

Stand facing a wall and lean onto the wall for support with your hands. Put your forefoot (toes) against the wall keeping your heel on the floor. Gently lean forwards and apply gentle pressure so that your toes and ankle bend gently and you feel a gentle stretch in your calf and under your foot.

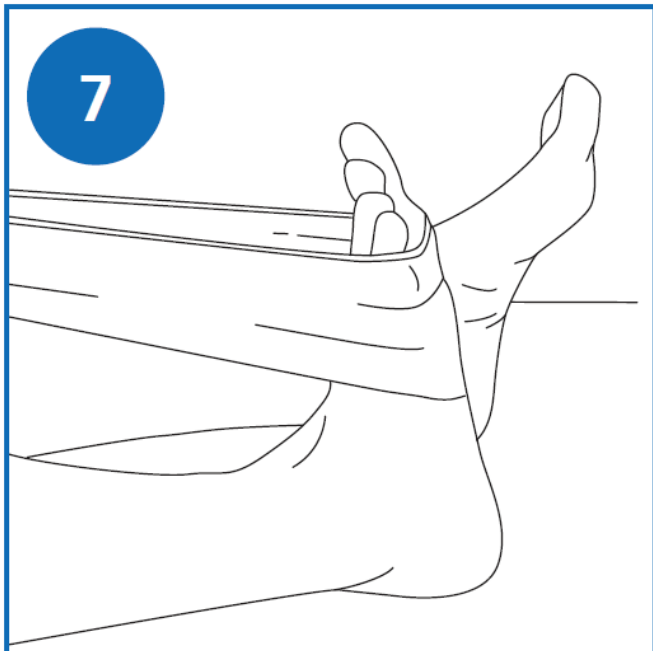
Hold for 30 seconds then relax. Repeat 3 times. Repeat twice a day.



Exercise 7

To do before getting out of bed first thing in the morning. Keep a long towel beside your bed. Sit with your leg out straight in front of you. Before you get out of bed, loop the towel around your foot, and pull it gently with your knee straight so you bend your foot up towards you and feel a gentle stretch in your calf.

Hold for 30 seconds then relax. Repeat 3 times.





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