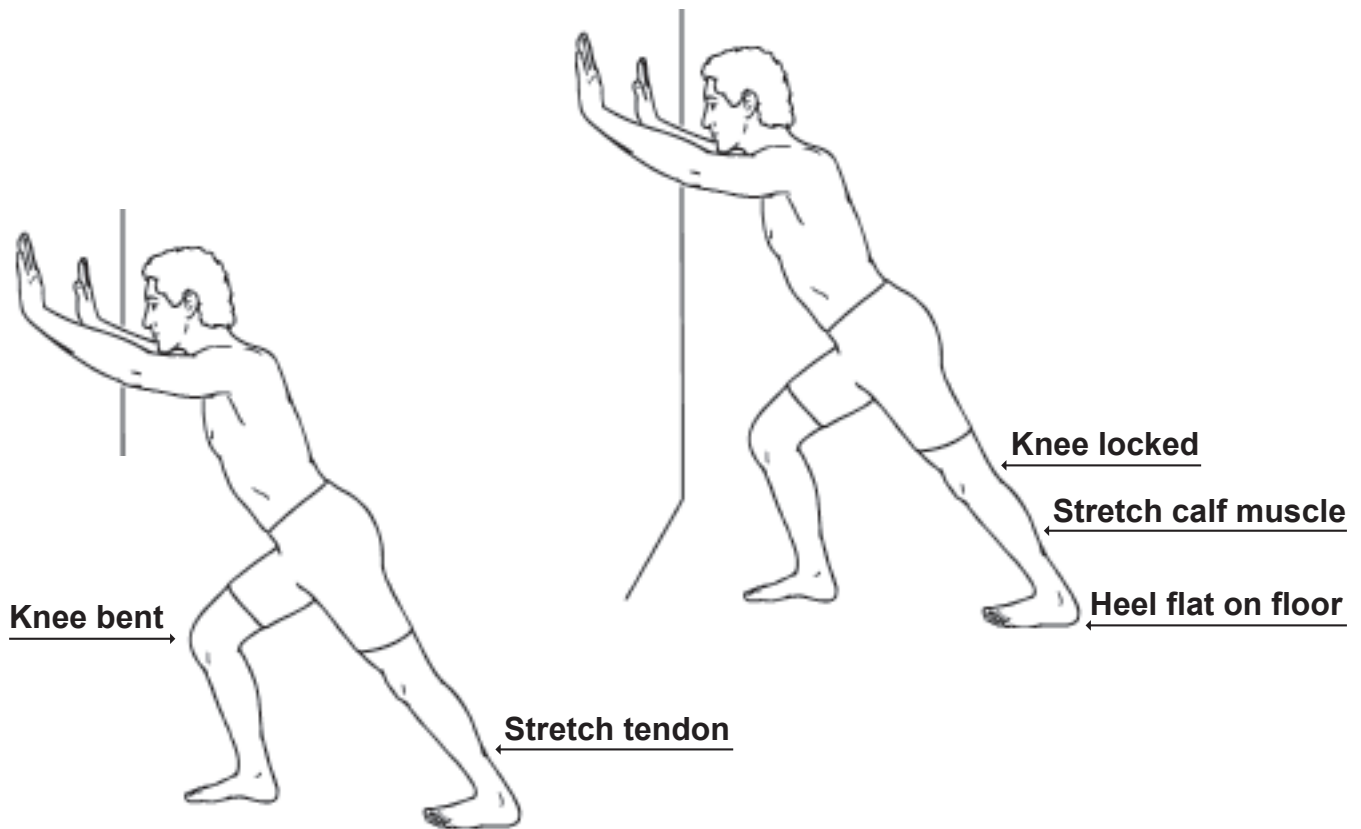


**SOUTH HILLS FOOT & ANKLE ASSOCIATES  
HOME EXERCISE PROGRAM  
CALF STRETCH**



**PURPOSE:**

To stretch the gastrocnemius muscles (posterior lower leg muscles)

**POSITION:**

Stand facing the wall, hands shoulder width apart on the wall. Place one leg forward, the other behind. You may place a towel under the inside arch of the back leg to prevent foot from rolling in

**ACTION:**

Slowly bend the forward knee towards the wall – move from the hips keeping the back neutral.

The back leg stays straight with the heel on the ground

**DON'T BOUNCE**

Hold \_\_\_\_\_ seconds

Repeat \_\_\_\_\_ times with each leg, \_\_\_\_\_ times a day