



Calf Stretches

The calf is made up of two muscles – the gastrocnemius (or long calf muscle) and the deeper soleus (the short calf muscle.) This is why your physiotherapist will often show you how to perform two different stretches.

1) Gastrocnemius stretch

Stand in a walking position, with the leg to be stretched straight behind you and the other leg bent in front of you. Use the wall for support. Ensure that your toes are pointing forwards to the wall. Lift the inside arch of your foot slightly.



Action

Lean your body forwards until you feel the stretching in the calf of the straight leg. Keep the heel on the ground.

Hold for ___ secs. Do not bounce.

Repeat ___ times on the ___ leg / both legs.

2) Soleus stretch

Stand in a walking position with the leg to be stretched behind you. Use the wall for support. Ensure your toes are pointing forwards. Lift the inside arch of your foot slightly.



Action

Bend the back leg and let your body sink downwards towards your back heel to feel the stretch in the calf. Keep your heel on the ground.

Hold for ___ secs. Do not bounce.

Repeat ___ times on the ___ leg / both legs.