



Gastrocnemius Stretch

Stand facing a wall and use your hands to support you. Put the leg that you are stretching behind. Keep your back knee straight and the heel on the ground. Make sure your foot is facing straight ahead and not turned out. Feel the stretch in your calf muscle.

Hold the stretch for 30 seconds and repeat 2-3 times on each side, repeat 2 times per day.



Soleus Stretch

Stand facing a wall and use your hands to support you. Have one foot slightly behind the other. Bend both knees, keep the heels on the ground, and put a little more weight on your back leg. Make sure your foot is facing straight ahead and not turned out. Feel the stretch deep in the calf muscle.

Hold the stretch for 30 seconds and repeat 2-3 times on each side, repeat 2 times per day.