

Calf Stretching Information Leaflet

Patient Information

This leaflet provides advice and support to patients about stretching exercises for Calf muscles.

There are two muscles that form the calf, one or both of these may need stretching. There is more than one way to stretch, (Illustrated the wall stretch).

How to Stretch.

Make sure that you muscles are warm. Stand with one foot in front of the other and place your hands/ or elbows on the wall.

Make sure that you keep your heels on the floor and your knee straight to stretch the Gastrocnemius muscle. Initially you should feel the stretch bend the knee or in the Middle of your calf muscle.

Repeat the exercise but with the knees bent and you will feel a stretch at the lower part of the calf, this stretches the Soleus muscle. Do not lift the heels or push your bottom out.

Alternatively stand on the stairs and drop your heels down with the legs straight and feel the stretch in the centre of the calf and then try with the knees bent where you should feel the stretch lower down the calf.

How long to stretch for

Hold the stretch for **30** seconds.

Repeat **5** times

2 times daily



Podiatry office number

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