

Seated Calf Stretch



- Sit on the floor with your leg extended completely in front of you.
 - Wrap a belt or towel around the balls of your foot.
 - Lightly pull toward you.
 - Hold for 10 -20 seconds.
- Do the stretch 2X on each leg both with your knee completely straight and again with your knee slightly bent. This will stretch the 2 major calf muscles.

Wall Calf Stretch



- Stand in a lunge position with one leg in front of the other and your arms against the wall to support your body.
 - To stretch the left leg, slightly bend your right knee while keeping the back leg completely straight.
 - Hold for 10-20 seconds.
 - Repeat on opposite leg.