

**CALF STRETCH WITH STRETCH STRAP**

Sit or lie down on the floor/table with one knee bent with leg straight.

Next, place a stretching strap around the target foot closer to the toes as shown. Then, pull back on the strap for a stretch to your calf muscle.

Video # XV3XBEE35

|                 |               |
|-----------------|---------------|
| <b>Repeat</b>   | 10 Times      |
| <b>Hold</b>     | 10 Seconds    |
| <b>Complete</b> | 1 Set         |
| <b>Perform</b>  | 1 Times a Day |

**STANDING CALF STRETCH - GASTROCNEMIUS**

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

Video # XV2G9N7J6

|                 |               |
|-----------------|---------------|
| <b>Repeat</b>   | 10 Times      |
| <b>Hold</b>     | 10 Seconds    |
| <b>Complete</b> | 1 Set         |
| <b>Perform</b>  | 1 Times a Day |



### **STANDING CALF STRETCH - SOLEUS**

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a bent knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

Video # XVCMP59LH

|                 |               |
|-----------------|---------------|
| <b>Repeat</b>   | 10 Times      |
| <b>Hold</b>     | 10 Seconds    |
| <b>Complete</b> | 1 Set         |
| <b>Perform</b>  | 1 Times a Day |