



CALF STRETCH



The leg to be stretched should be at the back. It should be performed once with knee straight and again with knee bent. The person should shift body weight on the front leg and keep bending the front knee until stretch is felt in the calf of the leg at the back. One can take support of wall to maintain balance.

Important: heel should not leave the ground and toes should face straight forward.

Hold/ rep



Calf can also be stretched in long sitting position. Place a towel across the balls of toes of the affected foot as shown in the pic. Grasp the towel with both your hands and pull it towards yourself to feel the stretch in calf. Keep the knee extended while performing the stretch.

Hold/ rep