

# Calf Stretches

## Soleus Stretch



Raise your knee and place the ball of your foot on the edge of a chair and let your heel drop.

Gradually lean further into your knee until you feel a stretch in the lower calf.

The key is to push your heel to the floor as much as you can.

Hold this stretch for 30 seconds – 2 minutes, doing 3 reps on each leg, 3x per day for maximum benefit.



## Gastroc Stretch



Using a door frame or similar, place the ball of your foot against the wall as demonstrated.

Bring your other foot to the heel of the leg you're stretching to prevent slipping.

Pull your body to the wall. You should feel this stretch in your upper calf.

Hold this stretch for 30 seconds – 2 minutes, doing 3 reps on each leg, 3x per day for maximum benefit.