



CORIEL ORTHOPAEDIC GROUP LLP

CORIEL PATIENT GUIDANCE CALF STRETCH



Stretch Number 1: The Runner's Stretch

1. Face a wall and stand 12 inches away from it.
2. Extend one leg behind you, keeping both feet flat on the floor and your rear knee straight.
3. Lean toward the wall until you feel tension in the calf muscle of the extended leg.
(You can put your arms on the wall for support.)
4. Hold for 10 seconds.
5. Repeat with the other leg.





Stretch Number 2: The Seated Calf Stretch

- Sit on the floor with your legs straight out in front of you.
- Lean forward and grab the arches of your feet.
- Pull your toes toward your body until a stretch is felt in your calf muscles
- Hold for 10 seconds.

Repeat with the other leg

