

HERTFORD / STEVENAGE CHIROPRACTIC CLINIC

CALF STRETCHES



Start by leaning on a wall with one leg in front of the other. Always keep the heel of the back foot in contact with the ground and the back leg straight. Now drop your hips towards the wall as you lean further forward. Hold for 15secs. each side and repeat 3 times.



Now repeat what you have already done, but this time the back leg should be slightly bent, so the feet are slightly closer together. Remember to keep the heel in contact with the ground. Then swop legs and do each side 3 times.



This is a two phase exercise. Firstly you need a hand towel. Holding it at its ends loop it around your feet. This can be one at a time or both together. Holding tension in the towel, push with your feet to point your toes against resistance of the towel. Let the feet “win” in about 20secs.



After 20secs. of work, relax the calf and now pull back with the arms on the towel and feel the calf stretch. Repeat 3 times.