



HEALTHY ROUTINES EDUCATIONAL SERIES

Calf*

Part 1 - Gastrocnemius

- Place both hands on the wall or door frame.
- Place your left foot backward and keep your right foot forward. Be sure to keep your toes on both feet pointing straight ahead.
- While keeping your right knee locked, slowly lean forward making sure not to lift either heel off the ground stretch your right "calf"/"gastrocnemius"
- **DO NOT BOUNCE**
- Hold for a count of 10-20 seconds, repeat 3X
- Switch legs and repeat.



Part 2 - Soleus

- Repeat all the steps as described above but this time put a **slight bend** in the back leg.
- This exercise, while feeling similar, targets the other muscle group in the calf.
- **DO NOT BOUNCE**
- Hold for a count of 10-20 seconds, repeat 3X
- Switch legs and repeat.



Benefits:

- Relieve stiff, achy muscles.
- Increases flexibility of the ankles
- Prepares muscles for activities
- Helps with plantar fasciitis pain
- Stimulates blood flow

**Disclaimer: If during this exercise you have any pain or discomfort, discontinuing and contact our office*

Scan for video tutorial

