

Calf and arch stretch

Why do this exercise?

This exercise is about stretching the muscles in the arch of your foot and calf. It's to relieve the pain of tight muscles.

How to do this exercise?

1. It's best to do this exercise standing on a step.
2. Stand with the ball of your feet on the step.
3. Drop your feet down, reaching for the bottom of the step with your heel.
4. You want to feel a stretch through the arch of your feet.
4. Hold the stretch for 14 seconds.
5. Hold onto the back of a chair or the wall for balance.

How often?

Your podiatrist will let you know how many times to do this exercise each day:

- sets
- repetitions each set
- times per day

