

Calf stretch, or runners' stretch

Why do this exercise?

This exercise will stretch your calf muscles and relieve tension under your foot.

How to do this exercise?

1. Stand in front of a wall.
2. Place your hands on the wall and extend one foot straight backwards.
3. Bend your front leg until you feel a stretch in the calf of your back leg.
4. Hold this stretch.
5. Make sure you keep your back leg straight and your heel on the ground.

How often?

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

sets

repetitions each set

times per day

