

Kneeling calf stretch

Why do this exercise?

This exercise is all about stretching one of your calf muscles – the soleus muscle. When it's tight, this muscle causes pain, especially in runners.

How to do this exercise?

1. Start by kneeling on the ground.
2. Keep your left leg in this kneeling position.
3. Raise your right leg so you have your right leg in a squat position.
4. Position your right heel as close to your buttock as possible.
5. Keep your right foot on the ground.
6. Now, lean forward and push down on your knee with your hands as far as it's comfortable.
7. Hold this for 2 seconds.
8. Release and rest for 10 seconds, then repeat.

How often?

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

- sets
- repetitions each set
- times per day

