



Standing Calf Stretch

Effective for reaching deep into the calf, including the nerve tissue, this stretch can be performed at a wall, desk, or other object. While pictured barefoot, it is best done while wearing shoes. Stand close to the wall or desk and place your foot in the position shown. Pivot over your ankle, shifting your weight forward. Do not stretch into a maximum stretch, rather hold at a comfortable level of stretch for 3-5 minutes, or as directed by your therapist. Repeat with the opposite side.

Disclaimer: The information provided above is intended for use in conjunction with a qualified health care professional. Please do not attempt these techniques yourself without proper instruction.

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