



### Gastrocnemius Stretch



Gastroc Stretch

- Standing tall with your belly button drawn in towards your spine, place your hands against the wall
- Stagger your stance with your left leg in front with a bent knee to support you and place your right leg with a straight knee behind you
- Keep your hips, knees, and ankles all in alignment facing straight ahead towards the wall
- Keeping your heel on the floor, slightly lean forward into the wall until a stretch is felt in the right calf and hold for 30 seconds
- Repeat with the left leg back. Alternate between right and left until 2-3 sets have been performed on each leg

### Soleus Stretch



Soleus Stretch

- Position yourself as above but bend the back knee slightly until a gentle pull is felt in the lower calf towards the Achilles tendon/ankle and hold for 30 seconds

### Calf Stretch with an incline board/wedge



- Standing tall with your belly button drawn in towards your spine, place your hands against the wall
- Stagger your stance with your right leg in front with a slight bend in your knee and place your left leg with a straight knee behind you to support you
- Keep your hips, knees, and ankles all in alignment facing straight ahead towards the wall
- Keeping your foot flat on the incline board/wedge slightly bend forward at the hips towards the wall until a gentle stretch is felt down the right calf
- Repeat with the right leg back. Alternate between right and left until 2-3 sets have been performed on each leg
- This stretch can be performed with both feet on the incline board as well

### Plantar Fascia Stretching



- Stand on the bottom step, keeping your belly button drawn in towards your spine, place your hands on the wall or hold onto the railing
- Stand with the balls of your feet on the edge of the step and with your right knee slightly bent
- Slowly lower the left heel towards the bottom step until a gentle stretch is felt along the arch of the foot and hold for 30 seconds
- Repeat with the right heel. Alternate between right and left until 2-3 sets have been performed on each leg
- This stretch can be performed with both feet on the step as well