

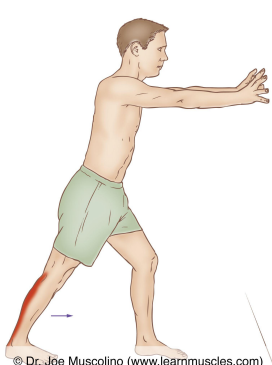


Monmouth Podiatry

Stretching exercises for gastrocnemius and soleus muscles.

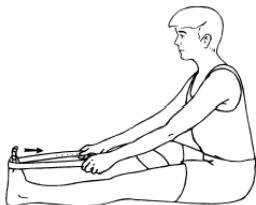
- The key is to find the **stretch point**. This is the point where you can feel the stretch and it is comfortable, hold this position for 30 seconds, within the 30 seconds you should feel the muscle tissues relax and it then feels like you are not stretching at all.
- Now go slightly further with the stretch to your new stretch point, again hold and the stretch feeling should disappear within 30 seconds.
- If you can still feel the stretch after 30 seconds, ease off.
- Do 3 stretch sessions a day, morning, evening and in the middle of the day.
- Continue for several weeks.

There are 2 methods to stretch your lower leg muscles, (do not do the staircase/step method of dropping heels down)



© Dr. Joe Muscolino (www.learnmuscles.com)

Option 1, Stand facing a wall, approx 3 foot away, lean forward placing hands on the wall, step 1 leg forward, rear leg to keep foot perpendicular to wall, knee locked straight, heel on ground. Stretch is felt in the calf muscle of the rear leg.



Option 2, with a towel or resistance band, sit on floor or bed, leg straight out in front, loop towel or band around ball of foot, pull back.



2 The Stables, Drybridge House, Monmouth, NP25 5AS