



# Calf Stretch

## Purpose:

Stretch the calf (lower part of the back of the leg).



## Starting Position:

Stand facing a wall slightly farther than arm's length from the wall, feet shoulder-width apart. Lean against the wall, with both hands on the wall.

## Action:

- Bend one leg, and place the foot on the ground in front of you. The other leg extends behind you with the knee slightly bent. Both feet point straight ahead.
- Slowly move your hips forward, keeping your lower back flat. Be sure the heel of your back foot is flat on the floor, and your weight is in your back heel.
- Hold for 10-30 seconds. Then return to starting position.

## Repeat:

6 to 8 times on each side. Rest, then do a second set.