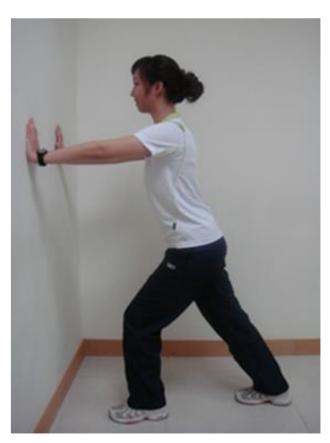


## Podiatry Services Patient Information Leaflet

## Calf Stretches: Gastrocnemius Muscle



- 1. Both feet pointing forwards at shoulders width, staggered (one foot in front of the other).
- 2. Lean forwards, keeping back leg straight and heel on the floor.
- 3. You should start to feel tightness in the straight leg. If you don't, then repeat from step 4, but move the back leg slightly further from the wall.
- 4. Hold the stretch for 30 seconds. Hold still, do not bounce.
- 5. Repeat on opposite leg.
- 6. Repeat stretch in both legs 5 times

See Video Link: <u>https://bit.ly/3fCLlbO</u> Choose No 12

If you have any questions about the information in this leaflet, please contact Podiatry Services.

Further information about the service and how to manage a range of foot health problems yourself, can also be found on our website: www.livewellsouthwest.co.uk/project/podiatry

## **Contact Details**

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