

Podiatry Services

Patient Information Leaflet

Calf Stretches: Gastrocnemius Muscle

(V1 August 2021)



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: <https://bit.ly/3fCLlBO>
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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