

Podiatry Services

Patient Information Leaflet

Calf Stretches – Soleus Muscle

(V1 August 2021)



1. Both feet pointing forwards, stagger the feet (one foot in front of the other)
2. Squat down so that back leg bends at the knee.
 - You should start to feel tightness in the back leg. If you don't, then repeat from step 4, but move the back leg slightly further from the wall.
3. Hold stretch for 30 seconds. Hold still (do not bounce).
4. Repeat 5 times on both legs

See Video Link: <https://bit.ly/3fCLlbO> - choose No 5

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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