Podiatry Services
Patient Information Leaflet

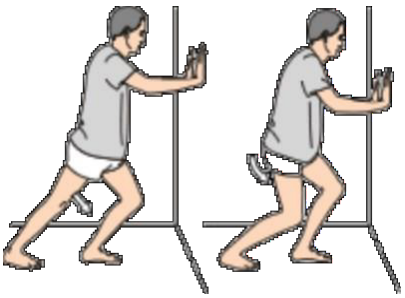
Livewell Southwest

Calf Muscle Stretches

V2 September 2025

There are 3 different ways that you can stretch your calf muscles (the muscles at the back of your lower leg).

1. Wall Stretch



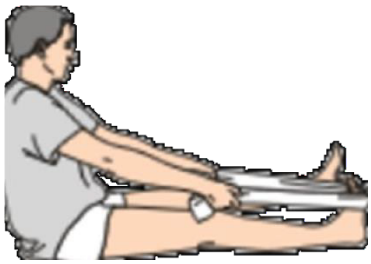
- Face the wall, put both hands on the wall at shoulder height.
- Stagger the feet (one foot in front of the other) with the front foot about 30 cm (12 in) from the wall.
- Keep the back knee straight and the front knee bent. Lean toward the wall until you feel a stretch in the calf.
- **Hold for 30 seconds** and **repeat 10 times** per leg.
- Adjust the back leg's distance from the wall: closer to the wall reduces the stretch, further away increases it. Always aim for a **gentle, non-painful stretch**.
- Now repeat this exercise but bring the back foot forward a little so that the back knee is slightly bent to target the soleus muscle. **Repeat 10 times** for each leg (pictured, above left).

2. Stair Stretch

- Hold the stair-rail for support, with legs slightly apart, and position your feet so that both heels are off the end of the step.
- Lower the heels, keeping the knees straight, until you feel a stretch in the calf.
- **Hold for 30 seconds** and then raise the heels back to neutral.
- **Repeat 5-10 times**.

3. Towel Stretch

- Loop a towel or dressing gown cord around the ball of your foot. Keep your knee straight and gently pull your toes towards your nose until you feel a stretch.
- **Hold for 30 seconds, repeat 5-10 times** for each leg.
- Repeat with a cushion under the knee to target the soleus muscle.



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

For more information about our services and how to manage common foot problems at home, please visit our website: www.livewellsouthwest.co.uk/project/podiatry

Contact Details

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