

# Calf stretch program

Frequency: x2 per week

Target Area: Lower Leg

Last Modified: 09/10/2015

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## Exercises

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### Calf stretch



Sets: 1

Secs: 30

Equipment: -

Resistance: -

Rest (sec): -

Side: Both

[Video link](#)

Start position: Stand with your hands against a wall or fixed object and your leg to be stretched behind you with your foot pointing straight ahead.

Action: Keeping your heel on the ground and your knee straight, lean forward until you feel a strong stretch in the back of your lower leg. Hold for the required time.

Key points: Position your foot further back to increase the stretch and ensure your foot remains pointing forward throughout the stretch.

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## Soleus stretch



Sets: 1

Secs: 30

Equipment: -

Resistance: -

Rest (sec): -

Side: Both

[Video link](#)

Start position: Stand with your hands against a wall and your leg to be stretched behind you.

Action: Keeping your heel on the ground, bend your back knee until you feel a stretch in the lower part of your leg. Hold for the required time.

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## Plantar fascia wall stretch



Sets: 1

Secs: 30

Equipment: -

Resistance: -

Rest (sec): -

Side: Both

[Video link](#)

Start position: Stand in front of a wall. Place your heel close to the wall, with your toes up against the wall.

Action: Push into the wall, so that your toes extend and you feel a stretch through the arch of your foot.

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