

Leg Exercises

For information on all types of injuries visit:
<http://www.cssphysio.com.au/forpatients.html>



Calf Stretch – ‘Soleus’

The soleus is the deeper of the calf muscles. It arises below the knee and forms the deeper attachment to the Achilles tendon. It is stretched in the following way:

Stretch

Stand facing a wall. Have the leg to be stretched at the back, with your foot pointing straight toward the wall. Place your hands on the wall, bend your knees, and lean forward. Keep your back heel on the ground. Your front knee and calf should be relaxed.

You should feel a gentle stretch down the back of the calf toward the Achilles & ankle.

Hold the stretch for 20 seconds. Relax for a few seconds and repeat 5 times.

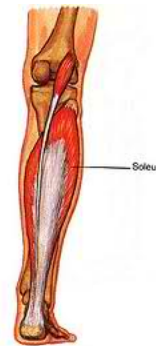
General Points:

- Stretches should be comfortable, & not forced
- Don't let your foot twist outwards
- If stretching both legs, do one at a time.

Please email us at info@cssphysio.com.au if you would like a printable copy of this stretch

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