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CALF STRETCHING

Gastrocnemius Stretch (With the knee extended/straight)

- The back foot must be pointing straightforward with the heel firmly on the ground
- A slight resistance should be felt in the calf, especially behind the knee
- Hold the stretch for at least 30 seconds
- Repeat this 5 times for each leg and perform this 2times per day



Soleus Stretch (With the knee flexed/bent)

- The back foot should be further forward than the Gastrocnemius stretch, with the knee in a bent position
- Otherwise repeat as for Gastrocnemius stretch

