

Calf Stretches

Gastrocnemius

- Stand facing the wall, hands on the wall, feet shoulder width apart
- Feet pigeon toed, arches up, knees straight
- Lean into the wall, keeping knees straight and arches up
- Hold 30 sec x 3



Soleus

- Stand facing the wall, one foot in front of the other, toes pointing forward
- Dip down, bending both knees, should be able to get knee four fingers width in front of knee
- Hold 30 sec x 3

