

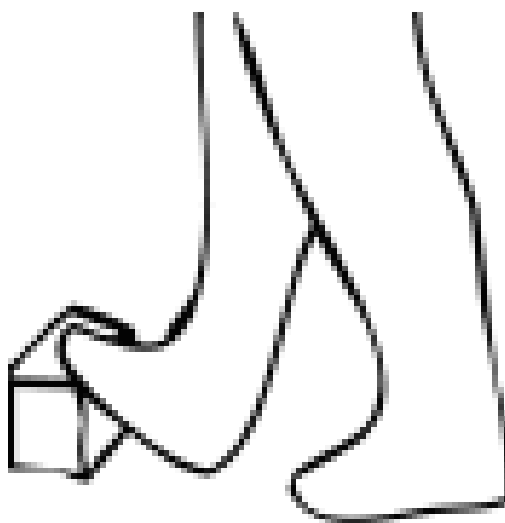
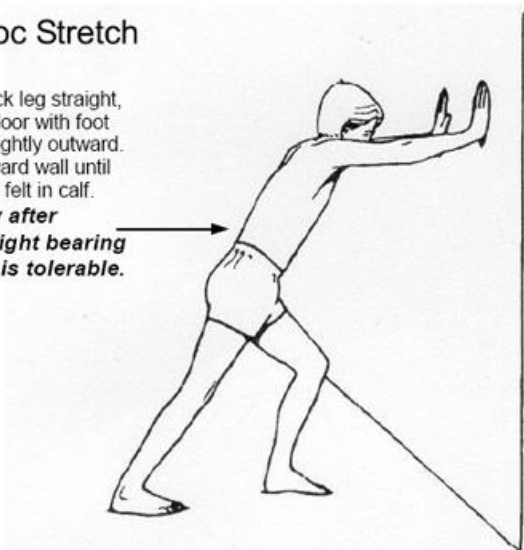
CALF STRETCHING EXERCISES

Hold each stretch for 20 seconds, then relax, then repeat, 30 times in the morning, 30 in the afternoon, and 30 in the evening. Must keep knee straight and you should feel the stretch in the calf region.

Gastroc Stretch

Keep back leg straight, heel on floor with foot turned slightly outward. Lean toward wall until stretch is felt in calf.

Do only after non-weight bearing stretch is tolerable.



Towel Calf Stretch

Sit with knee straight and towel looped around foot. Gently pull on towel until a comfortable stretch is felt in calf.

Do this non-weight bearing exercise exclusively until tolerable, before moving on to rest of exercises.

