

Exercise Therapy

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Self-Stretching of Calf muscles

Muscles stretched

Gastrocnemius: Stretched more effectively when the knee is kept straight.

Soleus: Stretched more effectively when the knee is bent.

Methods of self-stretching

A. Standing calf stretch (gastrocnemius)

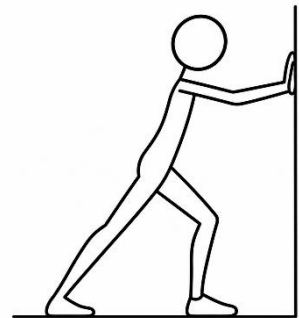
Stand facing a wall and place both hands on it.

Take one leg backward while keeping the front knee bent.

Keep the back knee straight and the heel flat on the floor.

Lean forward until a stretch is felt in the calf of the back leg.

Hold for 20–30 seconds and repeat 2–4 times.



B. Bent-knee calf stretch (soleus)

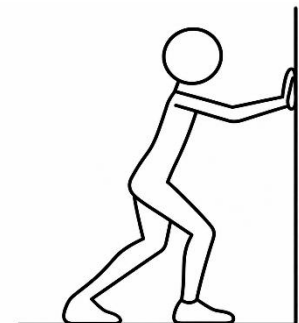
Stand facing a wall with both hands supported against it.

Place one leg behind the other.

Bend both knees while keeping the back heel on the floor.

Lean forward gently until a stretch is felt in the lower calf.

Hold for 20–30 seconds and repeat 2–4 times.



C. Seated towel stretch

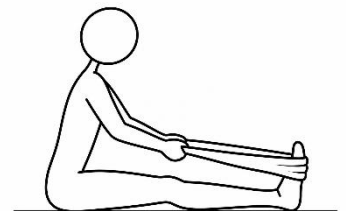
Sit with one leg extended and the knee straight.

Loop a towel around the ball of the foot.

Gently pull the towel towards the body, bringing the toes towards the shin.

Keep the knee straight to emphasize the gastrocnemius.

Hold for 20–30 seconds and repeat 2–4 times.



Precautions

Stretch slowly without bouncing.

Keep the heel in contact with the floor during standing stretches.

Stretch until mild tension is felt; avoid sharp pain.

Use wall support to maintain balance.

Stop if numbness, tingling, or significant pain occurs.

For more notes click on:

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