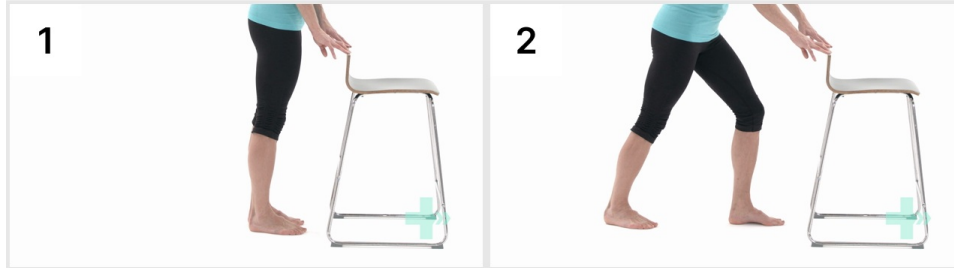

1. Gastrocnemius stretch, standing behind chair

3 Sets • 3 Reps • 30 s hold



In a standing position, hold on to a table or chair for support and step the symptomatic leg back behind you.

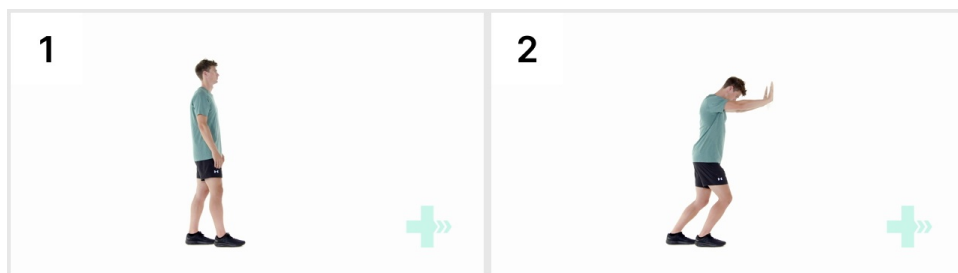
Keep the heel on the floor and the toes pointing forwards.

Bend the front knee, moving your body forwards, until you feel a stretch in the back of the calf.

Make sure your heel does not come off the floor and your back knee does not bend.

2. Soleus stretch, hands on wall, standing

3 Sets • 3 Reps • 30 s hold



Stand up straight facing a wall.

Step your affected leg back behind you.

Keep your heel on the floor and your toes pointing forwards.

Bend your front and back knee a little.

Your back heel may come off the floor.

Place your hands on the wall for balance if needed.

Sink your weight through your heels.

You should feel a stretch in the lower part of your calf.

Hold this position.

3. Tibialis anterior stretch, foot on chair behind, standing

3 Sets • 3 Reps • 30 s hold



Stand with your affected leg placed behind you on a chair.

Bend the leg you are standing on, increasing the stretch down the front of your affected leg and foot.