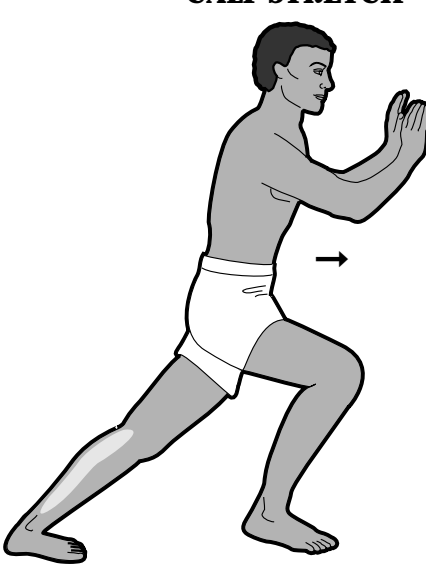




HOME EXERCISE PROGRAM

CALF STRETCH



Purpose: To stretch the gastrocnemius muscles (posterior lower leg muscles).

Position: Stand facing the wall, hands shoulder width apart on the wall. Place one leg forward, the other behind. May place a towel roll under the inside arch of the back leg to prevent foot from rolling in.

Action: Slowly bend the forward knee towards the wall - move from the hips keeping the back in neutral. The back leg stays straight with the heel on the ground.

DON'T BOUNCE.

Hold _____ seconds.

Repeat _____ times each leg, _____ times a day.

_____ PT
Physical Therapy Department