

Calf Stretch

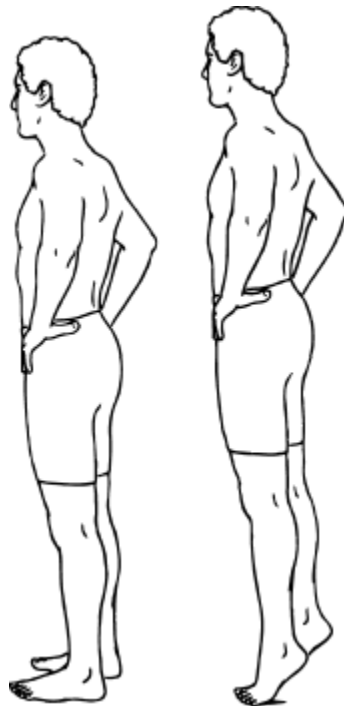
- Start Position
 - Stand facing a wall approximately an arm's length away.
 - Place your hands on the wall at shoulder level.
- Movement
 - Step one foot back, keeping it straight with your heel flat on the ground.
 - The other foot should be in front of you, knee bent.
 - Keep your back straight and hips facing forward.
- Hold
 - Lean into the wall, pressing your back heel into the floor.
 - You should feel a stretch in the calf of your back leg.
 - Hold this position for 15-30 seconds.
- Repeat
 - Return to the starting position and switch legs.
 - Repeat 2-3 times on each leg.

****Stretch to the point where you feel a comfortable tension but no pain****



Calf Raises

- Start Position:
 - Stand upright, holding onto a chair or countertop for balance.
- Movement:
 - Rise up onto your toes, lifting your heels off the ground.
 - Hold the raised position for a moment.
 - Lower your heels back down to the ground.
- Repetitions:
 - Perform 2 sets of 15-20 repetitions.



Eccentric Calf Raises

- Start Position:
 - Similar to regular calf raises but begin on an elevated surface (such as a step).
- Movement:
 - Lift both heels up simultaneously.
 - Lower one heel down below the level of the step slowly, taking about 3-4 seconds.
 - Use the opposite foot or a wall for support if needed.
- Repetitions:
 - Perform 2 sets of 10-15 repetitions for each leg.

