

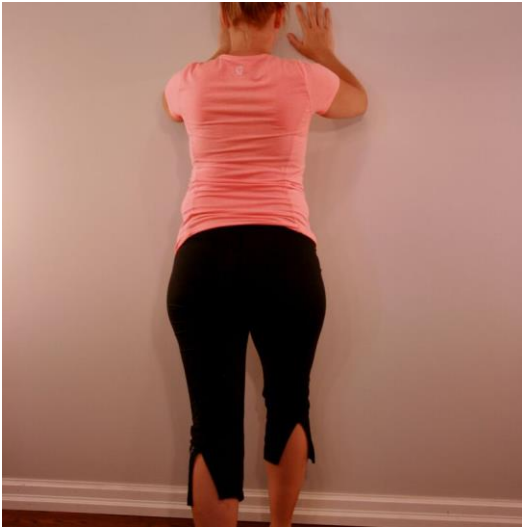
## Calf stretch

**Purpose:** This stretch is used to lengthen the lower leg muscles allowing for full, easy gait length.

**Note:** With any stretching you want to go to the point where it does not feel like a stretch in the beginning. After 30 seconds you can sink into the stretch slowly. The more relaxed you can be while stretching the more stretch you will get.

**How Often:** This should be done a minimum of 3 times a week for best results. For optimal results this should be done every day. 3x per session. This stretch can be done in the shower.

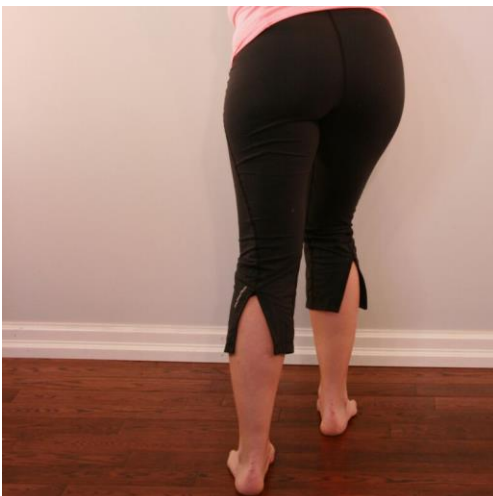
**Directions:** (A) Lean into the wall with your forearms or hands. Stretch one leg straight back keeping relaxed. Take nice, soft, full breaths in and out during the stretch. Hold for 30-60 secs. Bend the back knee and hold for 30-60 secs. Variation with rotation. (B) Turn knee out with straight leg and hold 30-60 secs. Turn knee in with straight leg. Hold 30-60 secs. Turn knee in with bent knee and hold 30-60 secs. Turn knee out with bent knee. Hold 30-60 secs.



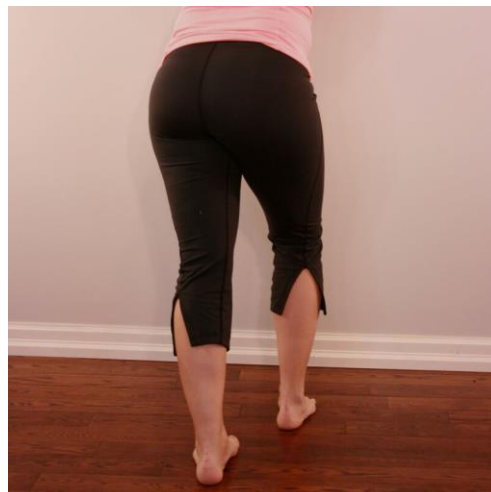
(A)



Calf muscles



(B)



(C)