



## Calf stretches

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1. Stand facing the wall and push one leg back with the heel flat on the ground and the knee straight.
2. Stand facing the wall with one leg one step behind, then bend both knees to feel the stretch more in the achilles.
3. Stand with one foot pressed up against the wall, try to get as much of the sole of the foot on the wall as possible before straightening the knee.

### Why stretch these?

The calf muscles are a very important group in the control and biomechanics involved with movement and everyday standing.

They are often a site of great tightness and are usually neglected.

Poor calf flexibility can lead to a number of lower limb complaints both acute and chronic.