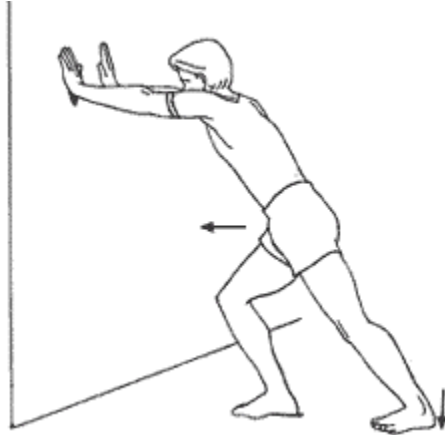


Standing Calf Stretching

Exercise: Calf Stretch



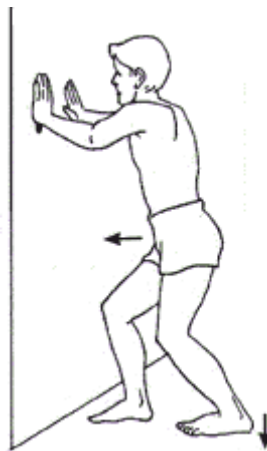
KEEPING BACK AND LEG STRAIGHT WITH THE HEEL ON FLOOR, LEAN INTO THE WALL UNTIL A STRETCH IS FELT IN THE CALF.

Repeat: 3 times

Hold each stretch 30 seconds.

Sessions: 3 times / day

Exercise: Soleus Stretch



BENDING THE KNEE SLIGHTLY KEEPING THE HEEL ON FLOOR LEAN INTO WALL UNTIL A STRETCH IS FELT IN THE LOWER CALF.

Repeat: 3 times

Hold Time: 30 seconds each

Sessions: 3 times /day