

Advanced Lower Calf Stretch

Place a book (about an inch thick) on the floor and place the forefoot of your affected leg onto the book.

Step over the book with your unaffected leg (Fig A).



Stand upright and bend both knees until you feel a pull at the bottom of the calf (Fig B and C).

Hold the stretch and do not bounce.

Relax and repeat as directed by your physiotherapist.

For a video demonstration of this exercise please press '**Ctrl**' and click [HERE](#)

Alternatively, if you have a hand held device such as a smart phone or tablet, download a free 'QR code reader' app from your app store and scan below. NB Viewing this video may use some of your mobile data allowance. We recommend waiting until you have a wifi connection.

