

## Lower calf stretch



Stand facing a wall ensuring that your feet are parallel (Fig A).

Step forwards with the unaffected leg.

Keep the back foot straight and the toe pointing directly forwards .

Do not lift the back heel at any point.

Bend both knees until you feel a gentle stretch low down in the calf (Figs B and C).



Hold a slow continuous 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.