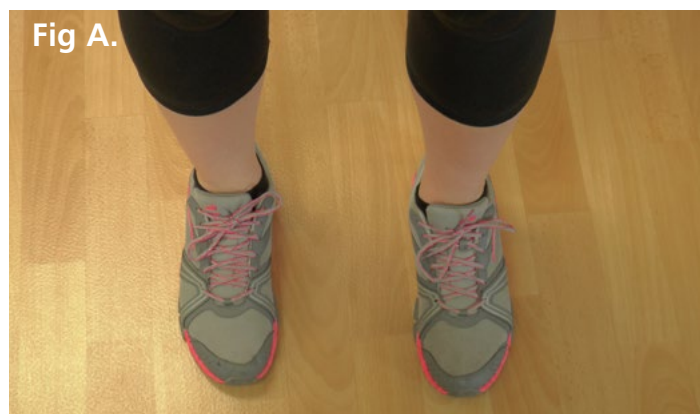


Upper calf stretch



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

Step forwards with the unaffected leg keeping the back foot straight and the toe pointing directly forwards (Fig B).

Do not lift the back heel at any point.

Bend the front knee but keep the back knee straight.

Hold and repeat as directed by your physiotherapist.

For a video demonstration of this exercise please click [VIDEO LINK](#)

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.



NB Viewing this video may use some of your mobile data allowance. We recommend waiting until you have a wifi connection.

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STPI0172