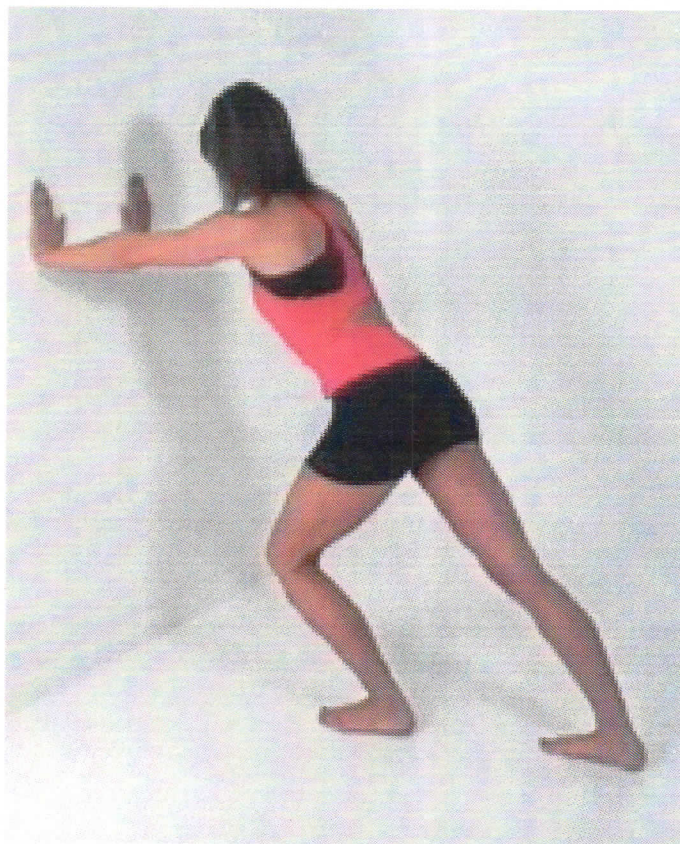# Calf Stretch Exercise Program

Directions

1. With socks on and shoes off, stand shoulder width apart at arm's length away from the wall.
2. Place one foot back at a comfortable distance, pointing it toward your front heel
3. Lean forward using the wall for support, keeping your back heel flat on the floor. You should experience a stretching sensation in your calf while you hold that position for (10) ten seconds.
4. Keep your head up and buttocks tucked in creating an imaginary straight line running from your shoulders through your hips to the ankle.
5. Rest the stretched calf for 3-5 seconds or alternate the stretch to the opposite leg.
6. Repeat each stretch 10 times for one set.
7. Repeat each set three times a day.
8. It is advisable to perform the last set before bedtime.

DO NOT CAUSE ADDITIONAL PAIN

Steven E. Tager, DPM, FAAPSM
1601 S. De Anza Blvd., Suite 111
Cupertino, CA 94014
408-216-0099