

1



STANDING CALF STRETCH - GASTROC

While standing and leaning against a wall, place one foot back behind you and bend the front knee until a gentle stretch is felt on the back of the lower leg. You should primarily feel this stretch back behind your knee

Repeat 3 Times
 Hold 20 Seconds
 Perform 4 Time(s) a Day

2



STANDING CALF STRETCH - SOLEUS

While standing and leaning against a wall, place one foot back behind you and bend the front knee until a gentle stretch is felt on the back of the lower leg. No "unlock" your back leg by bending it slightly. You should now feel this stretch down by the Achilles.

Repeat 3 Times
 Hold 20 Seconds
 Perform 4 Time(s) a Day

3



Gastrocnemius stair stretch

Stand with the middle of your foot on the edge of the stairs while holding onto the railing. Slowly drop heels off until you feel a stretch in the back of your legs.

Repeat 3 Times
 Hold 20 Seconds
 Perform 4 Time(s) a Day

4



3 WAY CALF RAISE - STRAIGHT

While performing this exercise, always hold on to the hand railing. Stand on one step with your toes only, have your heel hanging off the edge. Feet should be pointed straight forward. Next, lower your heel below the step, then raise back up onto your toes. Repeat.

Repeat 20 Times
 Perform 1 Time(s)

5



3 WAY CALF RAISE - TOES IN

While performing this exercise, always hold on to the hand railing. Stand on one step with your toes only, have your heel hanging off the edge. Toes should be pointing inward (toes are inside your heels). Next, lower your heel below the step, then raise back up onto your toes. Repeat.

Repeat 20 Times
 Perform 1 Time(s) a Day

6



3 WAY CALF RAISE - TOES OUT

While performing this exercise, always hold on to the hand railing. Stand on one step with your toes only, have your heel hanging off the edge. Toes should be point outward (toes are outside your heels). Next, lower your heel below the step, then raise back up onto your toes. Repeat.

Repeat 20 Times
 Perform 1 Time(s) a Day

7



Tennis Ball Raises

If you can tolerate an even more specific exercise for that posterior tib place a tennis ball between both heels and squeeze the ball. Raise up on your toes. Focus on even distribution of your weight on your feet and keeping the ball between the heels without dropping it.

Repeat 20 Times
 Perform 1 Time(s) a Day

8



Balance on foam

Balancing on one foot is a great way to work all the muscles that stabilize your ankle. Make it more difficult by balancing on foam pad or disc without shoes (can use a firm pillow or a few folded-up towels).

Hold 2 Minutes
 Perform 1 Time(s) a Day