

LOWER LEG

ACHILLES

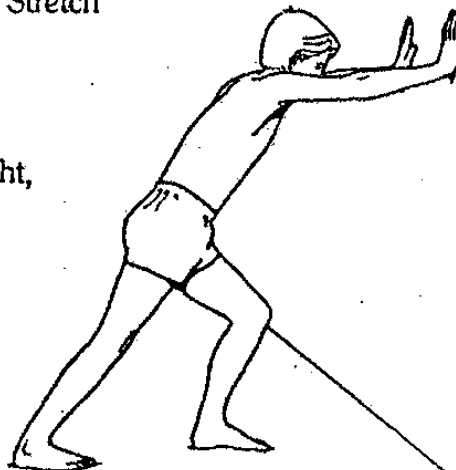
Stretching: Gastroc Stretch

Keeping back leg straight,  
with heel on floor and  
turned slightly outward,  
lean into wall until  
a stretch is felt in  
calf.

Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.



Stretching: Soleus Stretch

Keeping back leg slightly  
bent, with heel on floor  
and turned slightly  
outward, lean into wall  
until a stretch is felt in  
calf.

Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

