

LOWER LEG

ACHILLES

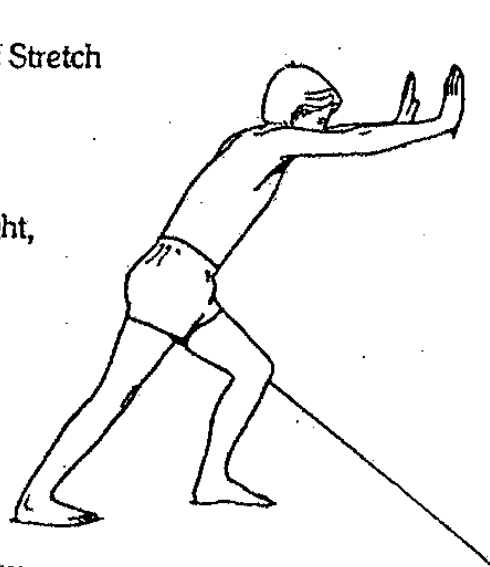
Stretching: Gastroc Stretch

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.

