

Stretching Exercises

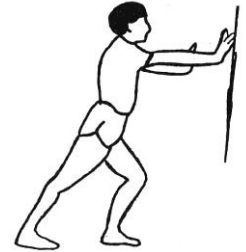
Information for patients

Calf (gastrocnemius)

With one leg in front of the other and feet facing forwards, bend the front leg and keep back leg straight. Lean in towards the wall. Make sure both heels are on the ground.

Hold for ____ seconds

Repeat ____ times

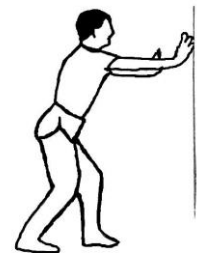


Calf (soleus)

With one leg in front of the other and feet facing forwards, bend both knees and lean into the wall. Make sure both heels are on the ground.

Hold for ____ seconds

Repeat ____ times



Hamstrings

Raise one leg on top of a chair. Make sure you keep both legs straight. Keeping your back straight, lean forwards with your hips towards the chair.

To increase the stretch you can raise the height of the chair, or lean further towards the chair.

Hold for ____ seconds

Repeat ____ times



Quadriceps

Using one hand to hold onto the back of a chair for support, use your other hand to lift your leg holding on to your ankle. Bring your heel as far up to your buttocks as you can. Make sure you keep your knees close together and your back straight.

Hold for ____ seconds

Repeat ____ times

