



STANDING CALF STRETCH - GASTROC

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

Repeat 2 Times
Hold 30 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



STANDING CALF STRETCH - SOLEUS

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a bent knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

Repeat 2 Times
Hold 30 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



Foam Roll - Shin Splints or anterior calf tightness

While in a kneeling position on the foam roll, slowly roll back and forth through the lateral aspect of your shin, into the muscle (anterior tibialis). The goal is increasing the pliability to the muscle prior to a stretching routine. Perform for 15-20 reps at varying angles along the shin. If the intensity of the pressure is not enough, try performing one leg at a time

Repeat 20 Times
Hold 0 Seconds
Complete 2 Sets



INVERSION STRETCH

While seated, cross your legs so that the affected leg is on top.

Next, hold your foot and pull upwards until a stretch is felt along the side of your ankle.

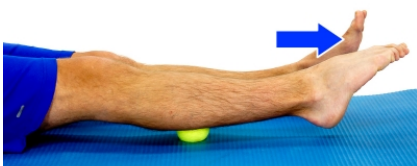
Repeat 1 Time
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day



Tibialis Anterior/ Shin tightness

Bring foot behind you as you point toes down into floor. Place pressure on the top of your toes/foot. Gently apply pressure on top of foot as if dragging foot forward. Very slowly turn heel outward till stretch is felt on outside of shin.

Repeat 2 Times
Hold 15 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



CALF PUMP WITH BALL - SELF MASSAGE

Sit on the floor and place a small ball, such as a tennis ball or golf ball under your calf. Vary position of ball under calf.

Next, bend your at your ankle up and down.

Repeat 20 Times
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day

