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Stretching Exercises



General

Stretching exercises

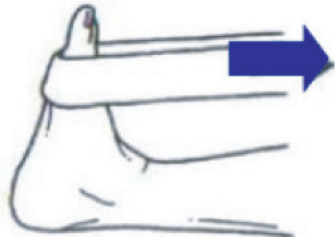
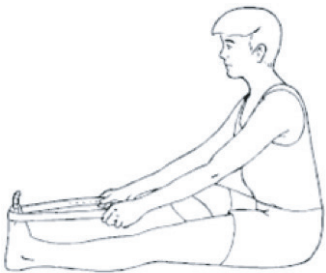
Stretching the muscles of the feet and lower legs can help improve flexibility, strength and muscle endurance. This helps prevent and alleviate pain that comes from long activity.

Calf stretches

Keep the back of your leg straight with heels down on the floor and feet parallel to each other. Lean into the wall. You should feel a stretch in your calf. Hold for 15 seconds, and do this 10 times for each leg.



Sit with one leg straight out in front of you. Put a towel around your foot. Gently pull the ends of the towel toward you. You should feel a stretch in your calf. Hold for 30 seconds, and do this 10 times for each leg.



Stand on a step with your heel over the edge. Hold onto a stable structure for support. Gently lower your heel below the height of the step, using your bodyweight to stretch your calf. Hold for 30 seconds and repeat this 3 times for each leg.



Seated plantar fascia stretch

Sit down and cross one foot over your other knee. Pull the base of your toes towards your body until you feel a comfortable stretch. Hold this position for 15 to 20 seconds and repeat 5 times.



Plantar fascia release

Roll your bare foot over a golf ball backwards and forwards from the heel to the arch for 3 to 5 minutes.

