

96 Deep Calf

Stretches:

Soleus, Achilles Tendon

Action:

- Feet point forward
- Lower hips, bend knee
- Keep heel down
- Hold the stretch



97 Achilles

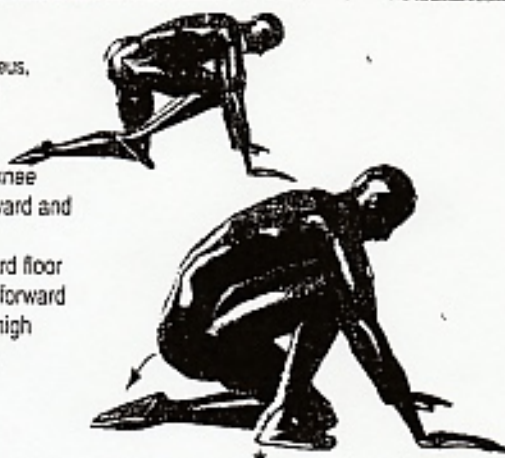
Stretches:

Achilles Tendon, Soleus,
Posterior Ankle Joint

Cautions: Knee

Action:

- Toes level with knee
- Lean hips backward and down
- Lower heel toward floor
- Keep shoulders forward with pressure on thigh
- Hold the stretch



98 Instep/Calf

Stretches:

Toe Flexors, Soleus, Achilles,
Plantar Arch

Action:

- Place toes against wall
- Heel on ground
- Push knee toward wall
- Hold the stretch



99 Calf+step

Stretches:

Gastrocnemius, Soleus

Action:

- Balls of feet on edge of the step
- Lower both heels
- Both together or one at a time
- Try with the knees slightly bent
- Hold the stretch

