



THE HOUSE OF  
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**Gastrocnemius (Calf) Stretch.** Stand facing a wall, with one foot forward. Keep the back leg straight, and the back foot pointing straight ahead. Lean into the wall using your arms and the front foot for support, until a stretch is felt in the upper calf muscle. Make sure to keep the back foot straight and the heel on the ground. Hold stretch for 20-30 seconds and repeat 2-3 times on each leg.



**Soleus (Calf) Stretch Stand facing a wall.** Place one foot forward and keep the back leg slightly bent and the back foot pointing straight ahead. Lean into the wall using your arms and the front leg for support, until a stretch is felt in the lower calf and Achilles tendon of the back leg. Make sure to keep the back foot straight and the heel on the ground. Hold stretch for 20-30seconds and repeat 2-3 times on each leg.



**Heel Stretch.** Stand on a step with the heel of one foot off the step. Keep your knee and body straight. Allow your heel to drop below the step. Hold stretch for 20-30seconds and repeat 2-3 times on each leg.

