

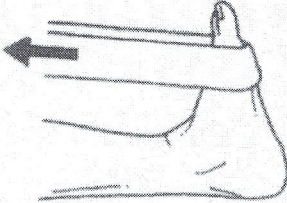
# Personal Exercise Program RNOH (NHS) Trust

Physiotherapy Department (Outpatients), Brockley Hill, Stanmore  
Middlesex, HA7 4LP, United Kingdom, 0208 909 5820,

Provided by : Department of Sports Medicine

Date : 12/11/2004

Sit with one leg straight out in front of you. Put a band around your foot.

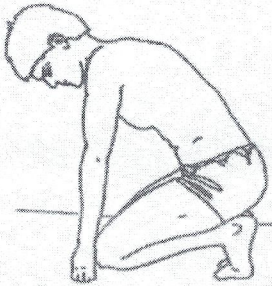


Gently pull the band and feel the stretch in your calf and under surface of your foot.  
Hold approx. 20 secs.

Repeat 2 times.

© PhysioTools Ltd

Kneeling with your heels off the floor and both arms on the floor as shown.

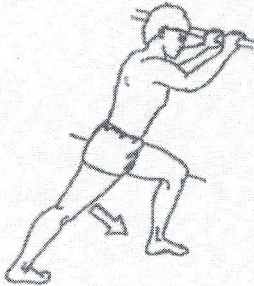


Sit on your knees and stretch your calves and under surface of your foot. Hold  
approx 20 secs. - relax.

Repeat 2 times.

© PhysioTools Ltd

Stand in a walking position with the leg to be stretched straight behind you and the  
other leg bent in front of you. Take support from a wall or chair.



Lean your body forwards and down until you feel the stretching in the calf of the  
straight leg. Hold approx. 20 secs. - relax. Stretch the other leg.

Repeat 2 times.

© PhysioTools Ltd

Stand in a walking position with the leg to be stretched behind you. Hold on to a  
support.



Bend the leg to be stretched and let the weight of your body stretch your calf  
without lifting the heel off the floor. Hold approx. 20 secs. - relax.

Repeat 2 times.