

FOOT & CALF STRETCHER EXERCISE GUIDE

EXERCISE INSTRUCTION

- Hold selected movement(s) for 10-30 seconds.
- Perform 1-3 sets of each selected movement.
- Complete each movement for an equal amount of time with each leg.
- Perform each movement in a slow and controlled manner.
- Apply a comfortable amount of stretch without causing discomfort.
- Avoid holding breath and tensing muscles while performing movements.
- Perform each movement a minimum of 3 times per week. Movements may be performed daily if desired.

STRAIGHT LEG (SUPPORTED)



Position foot evenly and securely on top of Foot & Calf Stretcher and place hands on wall for support. Straighten leg directly below same side hip, raise opposite foot off floor and extend leg slightly behind body. While maintaining a straight body position slowly press heel down, rock foot slightly backward, and raise toes upward. Hold, return to start position, and repeat as desired.

BENT LEG (SUPPORTED)



Position foot evenly and securely on top of Foot & Calf Stretcher and place hands on wall for support. Slightly bend leg directly below same side hip, raise opposite foot off floor and extend leg slightly out in front of body. While maintaining a straight body position slowly press heel down, rock foot slightly backward, and raise toes upward. Hold, return to start position, and repeat as desired.

BENT LEG (UNSUPPORTED)



Position foot evenly and securely on top of Foot & Calf Stretcher and place hands on hips. Bend leg directly out in front of same side hip with ball of opposite foot on floor, heel off floor, and leg extend behind body. While maintaining a straight body position slowly press heel down, rock foot slightly backward, and raise toes upward. Hold, return to start position, and repeat as desired.