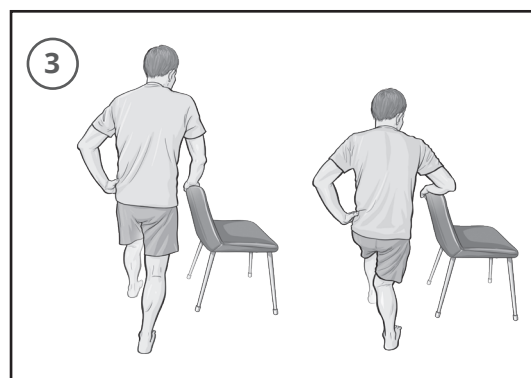
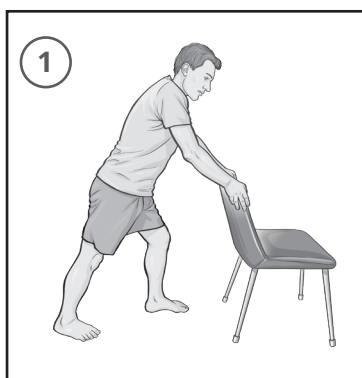


Calf and Shin Stretches

Caution: Please consult your healthcare professional before you attempt these exercises.

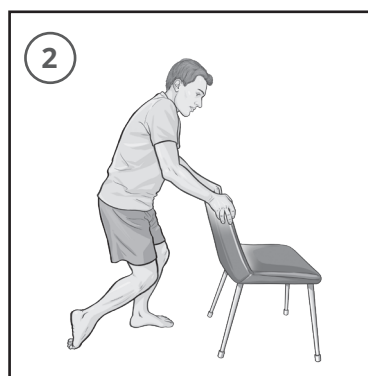
Right Calf Muscle Stretches

1. Use a chair or a wall for support. To stretch the right gastrocnemius muscle, place your right leg behind you with the knee straight and ensure that your right foot remains flat on the floor throughout the stretch. While keeping your right knee straight, slowly lean forward until you feel the maximum comfortable stretch in the right calf. Hold this stretch for 15 to 20 seconds.
2. To stretch the right soleus muscle, while ensuring that your right foot remains flat on the floor, slowly bend your right knee by allowing your body to drop toward the floor until you feel the maximum comfortable stretch in the right calf. Hold this stretch for 15 to 20 seconds.
3. To stretch the right deep calf muscles, including the tibialis posterior, place your right leg behind you with the knee slightly bent and ensure that your right foot remains flat on the floor throughout the stretch. Slowly bend your right knee further and move it inward until you feel the maximum comfortable stretch in the right calf. Hold this stretch for 15 to 20 seconds. To stretch the left calf muscles, reverse your leg positions and repeat steps 1 to 3.



Right Shin Muscle Stretch

1. Use a chair or a wall for support. To stretch the right shin muscles, curl your toes under your foot and place them on the floor with your knee bent.
2. Slowly bring your right knee forward to further straighten the right ankle until you feel the maximum comfortable stretch in the right shin. Hold this stretch for 15 to 20 seconds. To stretch the left shin muscles, reverse your leg positions and repeat steps 1 and 2.



© All rights reserved.
Educom Pty. Ltd.