

BASICS OF CALF / ACHILLES STRETCHING

Information: A tight calf or Achilles tendon may contribute to excessive tension or force across the foot and ankle. Below are instructions for calf and Achilles stretching.

Calf / Achilles Stretching

Daily stretching a few times per day consistently for 4 – 6 weeks is the most effective way to see results. To perform Achilles stretching, place your hands against a wall for balance and step back with your affected leg (Figure 1). Keep the back knee / leg straight and your heel on the floor. Turn the back foot in so that you feel the stretch in your calf and not on the inside of your ankle. Slowly press your hips forward and bend the forward leg. Hold for 30 seconds. Repeat 3 times in one session. Try to do 3 sessions per day – morning, midday, and evening.



Disclaimer: These are general statements and may not apply specifically to your care. I may modify as needed for your individual care.