

MACKENZIE PODIATRY

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CALF AND HAMSTRING STRETCHES

These stretches are designed to help flexibility.

Conditions which may benefit are:

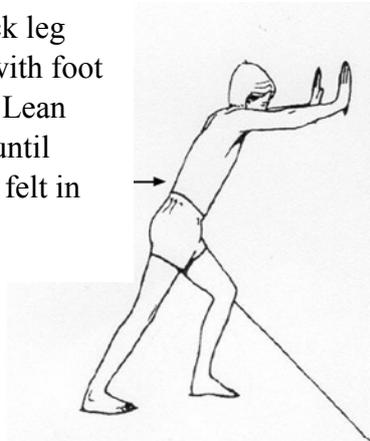
Achilles tendonitis and paratendonitis
Compartment syndrome (shinsplints)
Plantar fasciitis
Severs disease

Although other factors may be involved in the cause of these conditions, one characteristic which is often present is reduced dorsiflexion at the ankle joint. One of the main reasons for this is poor flexibility of the calf muscle group. This impedes normal foot function which in turn may lead to overloading muscle tendon units to the point of injury.

- A) Calf Muscle stretches 1. Stand about 15 ins/35 cm from the wall. Toe in a little. Move one leg forward about 6ins/30cm and lean in to the wall keeping the hip and knee joints straight and the heel on the floor. When you feel a slight pull on the belly (middle) of the calf muscle hold for a count of 30 and release. Repeat 5 times per leg and 3 times daily.
- B) Calf muscle stretches 2. Standing straight and keeping the ankle and hip joints in line and the heel on the floor, bend both knees until you feel a slight pull on the lower half of the calf muscle of the rear leg. Hold for a count of 30. Repeat 5 times per leg and 3 times daily.
- C) Hamstring stretches. Place the heel on a low step or stool. Keeping the knee straight lean the trunk forward towards the leg until you feel a slight pull in the belly of the thigh muscles. Hold for a count of 30. Repeat 5 times for each leg and 3 times daily.

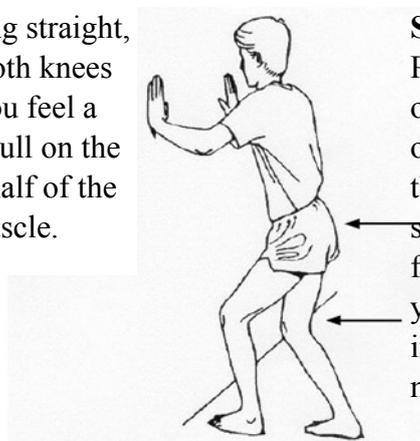
Gastroc Stretch

Keep back leg straight with foot straight. Lean forward until stretch is felt in calf.



Soleus Stretch

Standing straight, bend both knees until you feel a slight pull on the lower half of the calf muscle.



Hamstring Stretch

Place the heel on a low step or stool, keep the knee straight, lean forward until you feel a pull in the thigh muscle.

