

Leg Exercises

For information on all types of injuries visit:
<http://www.cssphysio.com.au/forpatients.html>



Calf Stretch – ‘Gastros’

The gastrocnemius – ‘gastros’ is the larger of the calf muscles. It crosses the knee and forms the major attachment to the Achilles tendon. It is stretched in the following way:

Stretch

Stand facing a wall. Have the leg to be stretched at the back, with your foot pointing straight toward the wall. Place your hands on the wall, and lean forward. Keep your back knee straight and your heel on the ground. Your front knee can bend.

You should feel a gentle stretch up the back of the calf toward the knee.

Hold the stretch for 20 seconds. Relax for a few seconds and repeat 5 times.

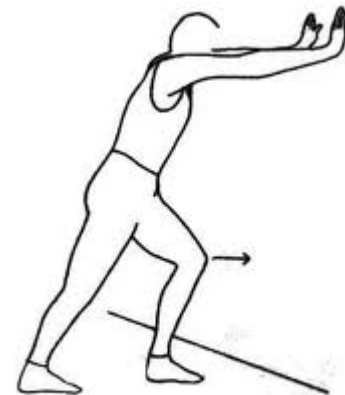
General Points:

- Stretches should be comfortable, & not forced
- Don't let your foot twist outwards
- If stretching both legs, do one at a time.

Please email us at info@cssphysio.com.au if you would like a printable copy of this stretch

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Standing calf stretch

20 second hold, repeat 5 times

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