

Calf Stretch: Combination Calf Stretch

This stretch is for those who are experienced at the individual *gastrocnemius* and *soleus* stretches. In this stretch, you stretch both of these muscles at the same time.

The stretch as illustrated in the figures is for the right soleus and the left gastrocnemius. Swap positions of the feet to stretch the left soleus and right gastrocnemius.

Figure 1



The stretch as illustrated in Figure 1 at left is for the *right* soleus and the *left* gastrocnemius.

1. Lean against a wall or post and support your weight using your whole lower arm from the elbows to the hands.
2. Move your left foot backwards as far as you can, keeping your toes pointed towards the front as much as is comfortable for your personal bone structure. You should be able to feel the stretch in your left calf.
3. Place the toes of your right foot about 10 cm (4 inches) from the wall or post, and lean your right leg forward until your right knee contacts the wall (or post). Move your foot closer if you cannot reach the wall or post with your knee.
4. You should be able to feel the stretch in the right calf. If not, adjust the position of the right foot.

Figure 2



The stretch as illustrated in Figure 2 at left is for the *left* soleus and the *right* gastrocnemius

Reverse the instructions above to carry out this stretch.

As your flexibility increases, you will be able to place your feet further and further from the wall.

Perform at least twice per week, or as instructed by your practitioner.

Refer to the handout on “Stretching: General Information”.