

Standing Gastrocnemius and Soleus Stretch

Gastrocnemius Stretch



1. Stand against a high counter or table top with your right leg in front of you and your left leg behind you.
2. Straighten your left leg and slightly bend your right.
3. Keeping your left leg straight and your left heel on the floor, bend your right knee until you feel a stretch on the back of your left calf muscle.
4. Hold this position while you take 4-5 deep breaths, in through your nose and out through your mouth.
5. Relax and repeat 4 more times.

Soleus Stretch



1. Stand against a high counter or table top with your right leg in front of you and your left leg behind you.
2. Slightly bend both your knees.
3. Keeping your left heel on the floor, bend both your knees further until you feel a stretch on the upper part of your left calf muscle.
4. Hold this position while you take 4-5 deep breaths, in through your nose and out through your mouth.
5. Relax and repeat 4 more times.