

POSTERIOR LOWER LEG (GASTROCNEMIUS EMPHASIS)



OPTION 1



OPTION 2

Hold Stretch: 30 seconds

Repeat: 4 - 6 times

Frequency: daily / ____x/wk

INSTRUCTIONS

Option 1 : Keep the knee of the stretching leg straight. With the opposite leg, take as long of a stride away from the stretching leg as possible while keeping the heel of the stretching leg firmly on the ground. Make certain to keep your foot aligned so the toes point straight ahead. Use a support structure to brace this position such as a chair, wall, or counter. Stretch should be felt along the backside of the lower leg.

Option 2: Best performed wearing shoes. Use a foam roller placed against a secure surface such as a wall. Keeping the heel of the stretching leg on the ground, raise your forefoot/toes up as high as possible and rest them against the foam roller maintaining that position. Slowly move your hips toward the wall while keeping the stretching leg straight.



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