

POSTERIOR LOWER LEG (SOLEUS EMPHASIS)



OPTION 1



OPTION 2

Hold Stretch: 30 seconds

Repeat: 4 - 6 times

Frequency: daily / ____x/wk

INSTRUCTIONS

Option 1 : Keeping the heel of the stretching leg firmly on the ground, move the opposite foot one step forward. Bend the knee of the stretching leg and attempt to move it forward while keeping the heel on the ground. The stretch should be felt in the lower posterior leg/calf area.

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 firmly on the ground, raise your forefoot/toes up as high as possible and rest them against the foam roller. Bend the knee of the stretching leg and attempt to move it forward while keeping the heel on the ground.



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