
Calf/Arch Stretch (Weight Bearing)



Why Do This Exercise?

To stretch the muscles in the arch of the foot and the calf.

How To Do This Exercise?

1. This exercise is best done on a step. If you don't have a step accessible, use a telephone book instead.
2. Stand with the ball of your foot on the step.
3. Reach for the bottom of the step with your heel until a stretch is felt through the arch of the foot.
4. Hold the stretch for 10-12 seconds.

How Often?

Repeat the stretch 3 times 1 2 3 times daily



NOTE: Use the back of a chair or wall to maintain your balance.