

Foot Factor Podiatry Coopers Plains

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Calf Stretch

Why Do This Exercise?

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

How To Do This Exercise?

1. Start with both feet facing forward
2. Step one foot forward, keeping both feet facing straight ahead
3. Bend the front knee and keep the back knee straight with the heels remaining on the ground.
4. Hold the stretch for 20 seconds.

How Often?

Repeat the stretch 3 times; 2 times daily



'Pain Free, Pampered Feet'