

Foot Factor Podiatry Coopers Plains

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Soleus Stretch

Why Do This Exercise?

To stretch the muscles in the arch of the foot, the Achilles area and calf.

How To Do This Exercise?

1. Start with both feet facing forward
2. Step one foot slightly forward, keeping both feet facing straight ahead
3. Bend the both knees, 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'