

Walker & Hall Chartered Physiotherapists

Calf - Basic Exercises

Personal Exercise Program

t: 01695 570002

e: enquiries@walkerandhall.co.uk

w: www.walkerandhall.co.uk



PLEASE READ BEFORE CONTINUING

1



WARNING AND DISCLAIMER

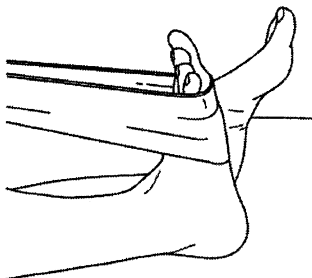
BEFORE you commence any form of exercise or treatment programme you should **FIRST** consult with your General Practitioner (GP) or Physiotherapist.

Any exercise holds an element of risk if undertaken without supervision or if performed incorrectly. If you are unsure how to perform **ANY** of the exercises shown on this site then you **SHOULD** consult with your General

Practitioner (GP) or Physiotherapist **BEFORE** commencing.

If you feel any discomfort or pain during the exercises you should **STOP IMMEDIATELY**.

The information found within this site is for general information only and should **NOT** be treated as a substitute for advice from your own doctor or physiotherapist. The exercises and other advice described are **NOT** suitable for everyone. You should **NOT** begin any exercise routine without consulting a qualified health practitioner particularly if you are pregnant, nursing, elderly, or if you have any chronic or recurring conditions. Any application of exercises suggested is at the reader's sole discretion and risk. Walker and Hall Chartered Physiotherapists accept no responsibility or liability for any loss or injuries caused directly or indirectly through the performing of any exercises given within this website or associated material produced by Walker and Hall Chartered Physiotherapists. The authors of any information associated with Walker and Hall Chartered Physiotherapists do not guarantee that any recommended exercises will work, or that you will produce benefits for yourself. Always consult your own General Practitioner (GP), if you're in any way concerned about your health or anything associated with it.

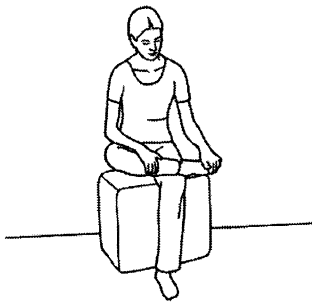


Sit with one leg straight out in front of you. Put a band around your foot.

Gently pull the band and feel the stretch in your calf. Hold approx. 2 secs.

Repeat 10 times.

©PhysioTools Ltd

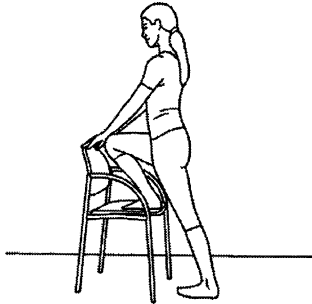


©PhysioTools Ltd

Sit on a chair. Cross the ankle to be stretched over the other knee.

Place your hand on the top of your foot and stretch your ankle (point toes). Hold approx. 2 secs. Feel the stretch in your shin.

Repeat 10 times.

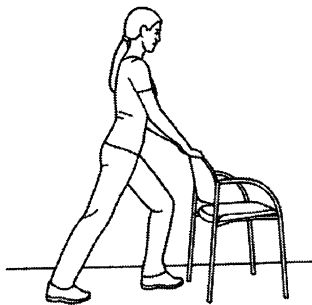


©PhysioTools Ltd

Stand. Place your foot on a chair. Line your heel up with the front edge of the chair. Hold the back of the chair for balance.

Gradually move your knee towards the back of the chair keeping your whole foot in contact with the chair. Hold 2 secs.

Repeat 10 times.



©PhysioTools Ltd

Stand in a walking position with the leg to be stretched straight behind you and the other leg bent in front of you. Take support from a wall or chair.

Lean your body forwards and down until you feel the stretching in the calf of the straight leg. Hold approx. 2 secs. - relax. Stretch the other leg.

Repeat 10 times.

STOP ALL EXERCISES IF YOUR PAIN BECOMES WORSE AND SEEK MEDICAL ADVICE