

Notes :

1 Assisted calf stretch



Sets: 3 Freq: 2-3x/day Duration: 30 sec

The patient lies supine while the assistant holds the heel with one hand and rests their forearm on the patient's foot.
The assistant pulls the heel with the hand and dorsiflexes the foot (pulling the forefoot up toward the patient's face) with the forearm.
The assistant can shift their bodyweight toward the patient's head to induce a stretch in the calf.

2 Seated soleus stretch



Sets: 3 Freq: 2-3x/day Duration: 30 sec

Sit with your back straight and one leg flexed.
Place a towel around the forefoot and pull the towel with both arms to feel a stretch in the calf.

3 Assisted hamstrings stretch



Sets: 3 Freq: 2-3x/day Duration: 30 sec

The patient lays supine while the assistant lifts the heel with one hand and stabilize the knee with the other hand.
The assistant lifts the leg straight until the thigh on the other side wants to lift off the table.
Hold this position to stretch the hamstrings.

4 Yoga: Downward dog



Sets: 3 Freq: 2-3x/day Duration: 30 sec

Start on all fours with your hands under your shoulders and your knees under your hips.
Push your hips up towards the ceiling and have your arms in line with your torso.
Try to extend your knees and to lower your heels toward the floor as you push your bodyweight towards your legs.
Hold the position for the recommended time.

5 Full squat stretch hold



Sets: 3 Freq: 2-3x/day Duration: 30 sec

Lower yourself in a full squat position while maintaining your spine neutral.
Push on the inside of your thighs with your elbows.
Make sure your weight is over your heels.
Keep your spine neutral during the stretch.
Hold the position.