



FAMILY FOOT AND ANKLE CLINIC

SPECIALISTS AND SURGEONS

At Family Foot & Ankle Clinic, we are committed to providing you with the highest quality of care and ensuring you have all the information you need to make informed decisions about your health.

If you have any questions or concerns, please don't hesitate to reach out to us. You can contact our office directly at 763-421-7300. Additionally, you can visit our website at <https://familyfootmn.com/> for more resources and information about our services.

Thank you for choosing us for your healthcare needs!

Calf Stretches

Hold each stretch for 30+ seconds and repeat at least 10 times in a row. Try to repeat this practice 3-6 times per day.

	1. GASTROCNEMIUS (OUTER CALF) In this exercise, you have to sit down and keep both your legs straight. Take a rope and loop it around the fingers of your foot.		4. WALL STRETCH You should perform this stretch after you come back home from a run. Stand a few inches away from a wall.
	2. SOLEUS (INNER CALF) In this form of calf muscle stretch, keep your right leg straight. Now, keep your left leg bent.		5. DOWNWARD FACING DOG STRETCH This stretching exercise is also a yoga pose. To begin with, take a plank and spread it on the floor.
	3. TOE STAND In this exercise, stand on a flight of stairs. Keep your feet on the edge of a step. For support, hold something with your hand.		6. CALF AND SHOULDER STRETCH In this form of muscle stretch, both your calf muscles and shoulder muscles are involved. It helps open your shoulders and calves.