Amherst College Sports Medicine

Calf Stretch in Long Sitting

1. Sit on the floor or bed with your legs straight out in front of you. You can bend the leg you are not stretching towards you. Put a belt, towel, or dog leash around the ball of your foot.

2. Keep your back and knee straight, and relax your ankle. Pull your foot towards you with the strap until you feel a stretch.

Reps: 2-3 | Sets: 1-2 | Which Side: Both | Hold Time: 30 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=Quygqsbu-fw

Calf Stretch Standing - Runners Stretch

1. Using a chair or something sturdy for balance, stand with one foot directly behind you and one in front like a lunge position.

2. Keeping your back heel down and your foot facing forward, keep your back leg straight and bend your front knee forward until you feel a stretch in your back leg. Hold the stretch.

Reps: 2-3 | Sets: 1-2 | Which Side: Both | Hold Time: 30 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=7P81LL4Vws4

Soleus Stretch

1. Using a chair or something sturdy for balance, stand with the foot you want to stretch directly behind you and the other one in front like your in a lunge position.

2. Keeping your back heel down and your foot facing forward, bend both knees forward until you feel a stretch in your back leg. Hold the stretch.

Reps: 2-3 | Sets: 1-2 | Which Side: Both | Hold Time: 30 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=RRwcFF_vbWU
Achilles Tendon Stretch

1. Stand on something sturdy like a step. Put the ball of the foot you want to stretch on the edge of the step.
2. Relax your heel down towards the ground until you feel a stretch, and hold it.
   Reps: 2-3 | Sets: 1-2 | Which Side: Both | Hold Time: 30 seconds | How Often: 2-3 times per day
   Video: hepbuilder.com/v.php?y=FghEM1fQ9Qc

Toe Raises

1. Standing next to something sturdy for balance, stand with your feet about shoulder width apart.
2. Pull your toes up towards the ceiling shifting your weight to your heels, but try not to lean back or stick your buttocks out.
   Reps: 10-15 | Sets: 2-3 | Hold Time: 1-2 seconds | How Often: 2-3 times per day
   Video: hepbuilder.com/v.php?y=DdMjXvWBJMA

Heel Raises Standing

1. With your feet about shoulder width apart, stand next to a sturdy chair or counter top and hold on for balance.
2. Lift your heels off the floor as high as you can, and slowly come back down.
   Reps: 10-15 | Sets: 2-3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day
   Video: hepbuilder.com/v.php?y=M9_-9PX4apA

Single Leg Heel Raises

1. Stand next to something sturdy for balance. Stand on one leg.
2. Lift your heel rising up onto your toes. Then slowly come back down.
   Reps: 10-15 | Sets: 2-3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day
   Video: hepbuilder.com/v.php?y=9Up6i1FIcyI
**Single Leg Balance**

1. Stand next to something sturdy in case you need it for balance.
2. Lift one leg while balancing on the other leg.
   - Reps: 5-10 | Sets: 2-3 | Which Side: Both | Hold Time: 15-20 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=fcfYm3EiWu4

**Walking on Heels**

1. Put your feet about shoulder width apart and rock back on your heels lifting your toes up. Try not to stick your bottom back.
2. Walk on your heels back and forth.
   - Reps: 3-5 | Sets: 2-3 | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=ToaXazP8Lw8

**Walking on Toes**

1. While standing up as straight as possible, put your feet about shoulder width apart and lift your heels off the floor.
2. Walk on your toes back and forth.
   - Reps: 3-5 | Sets: 2-3 | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=evyXlrE4FI

Disclaimer: These exercises were selected by your healthcare provider. To avoid injury, use caution when performing them. If you experience any pain or discomfort, stop the exercise and contact your healthcare provider.