Supported calf stretch

STRETCHING & MOBILITY / HOME EXERCISE GUIDE

PURPOSE

Gently stretch the calf with steady support from a wall.

YOU WILL NEED

A solid wall and supportive, nonslip footwear.

BEFORE YOU BEGIN

Use only if you can stand safely. Ask for a seated alternative if balance or an ankle, foot or Achilles problem makes this position unsuitable.

PAUSE AND GET ADVICE

Stop for pain, pins and needles or unsteadiness.

New unexplained calf pain with one-sided swelling or skin color change needs prompt medical assessment before stretching. Chest pain or breathlessness with these symptoms is an emergency.

STEP BY STEP

1. Face the wall and place both hands on it at a comfortable height.
2. Step the selected leg back. Keep that heel resting on the floor and the back knee gently straight.
3. Bend the front knee slightly and shift forward until there is a mild stretch in the back calf. Keep both feet pointing ahead.
4. Hold without bouncing, then ease out of the stretch. Switch sides only as prescribed.

KEEP IN MIND

Shorten the stance if you cannot keep the heel down comfortably. Do not force the ankle.

YOUR INDIVIDUALIZED PLAN

Your clinician should select this exercise and complete the plan before you begin. Use only the range and resistance demonstrated for you.

Repetitions: _____ Sets: _____

Hold (seconds): _____ Days per week: _____

Side: _____

Clinician / date: _____

Range or modification: _____

Review date: _____

SOURCES AND FURTHER READING

NHS - Flexibility exercises

NHS - DVT (deep vein thrombosis)

General adult education. Use only when selected and adapted by your clinician. This handout does not diagnose symptoms or replace your individual care plan.