

# Calf Muscle Stretches

For tight calf muscles and plantar fasciitis

Improve flexibility • Reduce tension • Support your feet and ankles

## Why is it important to stretch your calf muscles?

Tight calf muscles can increase the strain on your foot and ankle, which may contribute to conditions such as Achilles tendon pain and plantar fasciitis.

Regular stretching can help improve flexibility, maintain your ankle's range of movement and reduce pain.

**A little discomfort is normal, but the stretch should not be painful.**

If you get new pain or your symptoms worsen, stop the stretch and seek advice from your podiatrist.

## 1 Standing Calf Stretch (Wall)

This stretch is ideal if you have tight calf muscles, Achilles tendon pain or general stiffness in your lower legs.



### How to do the stretch

- 1 Stand facing a wall, about an arm's length away.
- 2 Place your hands on the wall at shoulder height.
- 3 Step one foot back, keeping the heel on the floor and the leg straight.
- 4 Bend the front knee and lean gently towards the wall until you feel a stretch in the calf of the back leg.
- 5 Hold for 30 seconds, then relax.
- 6 Repeat 3 times on each side, up to 3 times per day.



### Helpful tips

- Keep your back straight and your shoulders relaxed.
- Use a handrail or sturdy surface for balance if needed.
- Make sure your feet are pointing forwards.
- Wear supportive footwear, especially when doing your stretches.



### Remember

These stretches are safe for most people, but if you have any concerns, pain that worsens, or your symptoms do not improve, please contact your podiatrist for further advice.

## 2 Step Heel-Drop Stretch

This stretch is particularly useful for tight calf muscles and plantar fasciitis.



### How to do the stretch

- 1 Hold onto a wall, railing or sturdy surface for support.
- 2 Place both feet on the bottom step of the stairs – hip width apart.
- 3 Slide one foot back so that only the ball of the foot remains on the step.
- 4 Keep this leg straight, then bend the opposite knee and slowly lower your heel off the step until you feel a stretch in your calf.
- 5 Hold for 30 seconds, then relax.
- 6 Repeat 3 times on each side, up to 3 times per day.



### Helpful tips

- Keep your back straight and your shoulders relaxed.
- Use a handrail or sturdy surface for balance.
- Make sure both feet are pointing forwards.
- Wear supportive footwear, especially when doing your stretches.



### Remember

These stretches are safe for most people, but if you have any concerns, pain that worsens, or your symptoms do not improve, please contact your podiatrist for further advice.