

:: strengthening exercises

1 Heel Stretch

Stand on a step with the heel of one foot off the step. Keep your knee and body straight. Allow your heel to drop below the step. Hold stretch for 20-30seconds and repeat 2-3 times on each leg.

**2 Gastrocnemius (Calf) Stretch**

Stand facing a wall, with one foot forward. Keep the back leg straight, and the back foot pointing straight ahead. Lean into the wall using your arms and the front foot for support, until a stretch is felt in the upper calf muscle. Make sure to keep the back foot straight and the heel on the ground. Hold stretch for 20-30 seconds and repeat 2-3 times on each leg.

