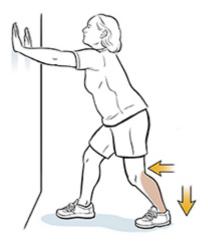
## **Soleus Stretch (Flexibility)**



- 1. Stand facing a wall from about 2 to 3 feet away. Take 1 step toward the wall with your right foot.
- 2. Place both palms on the wall. Slightly bend both knees and lean forward. Keep both heels on the floor.
- 3. Hold for 30 to 60 seconds. Then relax both legs. Repeat the exercise 2 times.
- 4. Switch legs and repeat.
- 5. Repeat this exercise 3 times a day, or as instructed.



Tip: Don't bounce while you're stretching.

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