

Heel Cord (Gastrocnemius) Stretch (Flexibility)



1. Stand facing a wall from 3 feet away. Take one step toward the wall with your right foot.
2. Place both palms on the wall. Bend your right knee.
3. Lean forward, keeping the left leg straight and the left heel on the floor.
4. Hold for 5 to 10 seconds. Repeat 2 to 3 times, or as instructed.
5. An additional technique is to hold the stretch 5 seconds and then, in stretched position, contract the calf muscle pushing into the wall for 5 seconds. Repeat 2 to 3 times.
6. Switch legs and repeat.



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