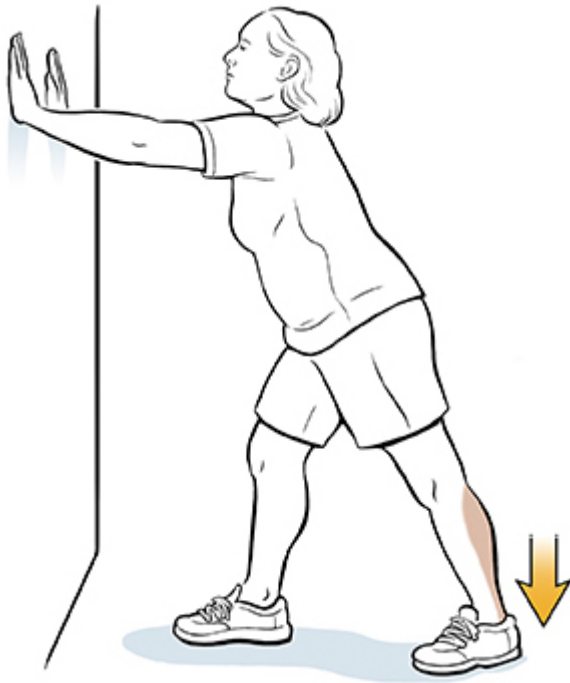


## Lower Body Exercises: Calf Stretch



This exercise stretches your lower body. Do the exercise as often as advised by your healthcare provider. As you work out, don't rush or strain. Use an exercise mat, pillow, or folded towel to protect your knees and other sensitive areas as needed.

- Face a wall 2 feet away. Step toward the wall with one foot.
- Place both palms on the wall and bend your front knee.
- Lean forward, keeping the back leg straight and the heel on the floor.
- Hold for 10 to 30 seconds. Switch legs and repeat.

Follow any special instructions from your provider. If you feel pain, stop the exercise. If the pain continues after stopping, call your provider.

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