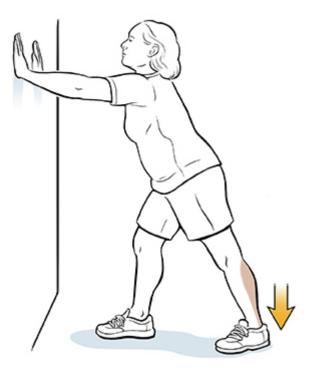
Heel Cord (Gastrocnemius) Stretch (Flexibility)



- 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.
- $\boldsymbol{4.}$ Hold for 5 to 10 seconds. Repeat 2 to 3 times, or as instructed.
- 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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