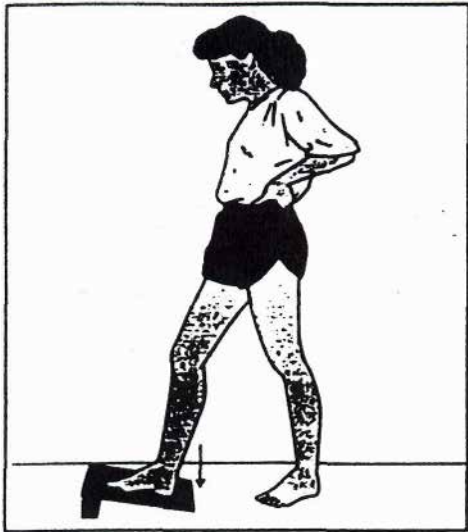


Home Exercise Program: Calf Stretches

STRETCHING

Heel-cord board stretches. Place the ball of your foot on a slanted board and press your heel to the floor repeatedly.



Keep your knee slightly flexed to give your ankle more upward flexibility.

Towel stretches. Fold a towel lengthwise and position it around your forefoot. Gently flex your foot upward. This improves heel-cord (Achilles

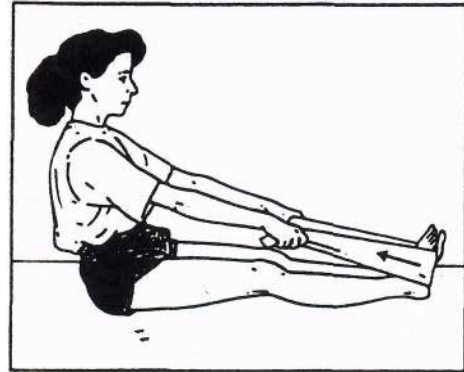
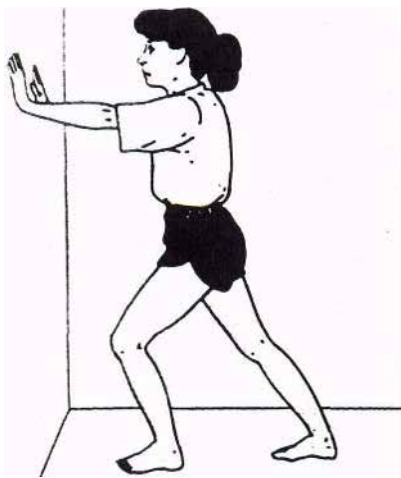


Illustration: Terry Bolens



Heel-cord wall stretches. Place your hands on a wall in front of you, supporting your weight on the uninjured leg. Extend the injured leg behind your body with your heel flat on the floor and lean forward.

All exercises should be repeated ten times and held for 10 seconds.