Stretching Exercises

for your Calf, Achilles Tendon, Hamstrings and Plantar Fascia

Stretching the muscles is important for maintaining healthy and flexible muscles, making daily activities such as walking and running more comfortable.

These simple stretching exercises can be integrated into your warm-up routine before performing any exercise.

Optimised flexibility will:

- Improve your performance in daily and physical activities.
- Reduce your risk of injuries.
- Help your joints move through their full range of motion better.
- Enable your muscles to work more effectively.

The exercises below will target the calf muscles, Achilles tendon, hamstrings and plantar fascia.

Calf Stretches - Wall push ups

Calf Stretch 1

Face the wall, put both hands on the wall at shoulder height, and stagger the feet (one foot in front of the other), keeping your feet hip-width apart, toes facing forward and in line with your heel. The front foot should be approximately 30 cm (12 inches) from the wall. With the front knee bent and the back knee straight, lean into the stretch (i.e. towards the wall) until a tightening is felt in the calf of the back leg, hold for 60 seconds then ease off.
Repeat at least twice a day. Do the same on the other leg.

Calf Stretch 2

Now repeat this exercise, one leg at a time, but with the back leg bent.

Stretching Exercises

Calf raises

Stand up straight with one hand leaning against a wall or back of a chair, slowly raise yourself onto your toes, and then lower your heels to the floor. Repeat 10 times.

Standing calf stretches

Holding the stair rail for support, with the feet slightly apart, position the feet so that only both heels are off the end of the step.

Keeping the knees straight, and making sure not to lock them, (soften the knees slightly) lower the heels, until a tightening is felt in the calf. Hold this position for 60 seconds and then raise the heels back to the start position. Repeat 3 times, at least twice a day.

Hamstring and Plantar Fascia

First thing in the morning, loop a Theraband or towel, around the ball of your foot one at a time, with the other foot tucked in towards the opposite thigh. Keeping your knee straight, pull your toes towards your nose, holding for 60 seconds. Repeat 3 times for each foot.

Hamstring stretch

Lie with back on floor, one leg bent, one leg straight. Lift straight leg towards the ceiling as far as you can and hold for 15-20 seconds. Repeat twice a day

Dynamic stretches for the Plantar Fascia

This involves rolling the arch of the foot over a tennis ball or a heel pain massager such as a Pediroller. While standing (holding on to the back of a chair for support) or sitting, allowing the foot and ankle to move in all directions over the object. Repeat this exercise at least twice a day.

For more information, contact us at Tel. 0118 304 9389 or book online