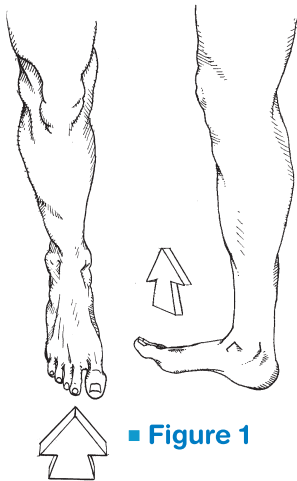
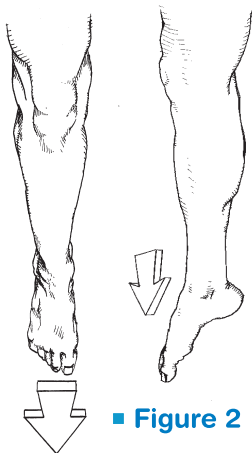


CALF STRETCH



With the knee straight and the muscles of the thigh relaxed, flex the foot backward so the toes point toward the knee. (see Figure 1)

Do this until a gentle pull is felt in the back of the calf. Hold this position for 5 seconds and then point the foot down to relax. (see Figure 2)



This stretch can only be done while lying or sitting in bed, while sitting in a chair with the leg supported by a stool or while relaxing on the couch.

However performed, the knee must be straight and the muscles of the thigh relaxed.