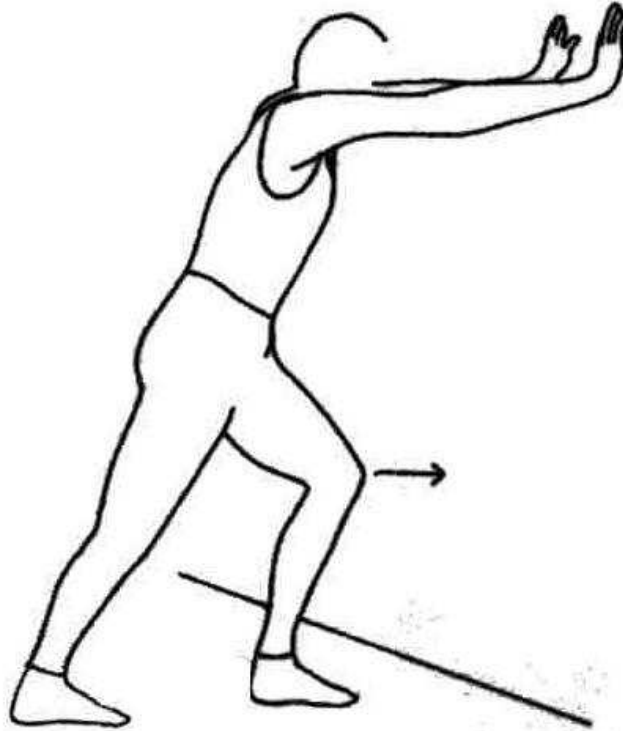




CALF STRETCH



Standing calf stretch

- 1) Face a wall and stand 12 inches away from it.
- 2) Extend one leg behind you as far as you can, keeping both feet/heels flat on the floor and your rear knee straight.
- 3) Lean toward the wall until you feel tension in the calf muscle of the extended leg. (You can put your arms on the wall for support.)
- 4) Hold for 1-3 minutes. You should feel the stretch in the calf of the back leg.
- 5) Repeat with the other leg.

The Calf Stretch Exercise is based on the research of Carmen Abbott PT, PhD at the University of Missouri, which shows correlations between ankle range of motion and balance abilities on walking tests. Range of motion (ROM) in the ankles generally decreased as we age, but in this study, younger people age 20's had slightly less ROM than those in their 40's (10 degrees vs. 12 degrees).