

# **Calf / Arch Stretch**

## **(Weight Bearing)**

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### **Why Do This Exercise?**

To stretch the muscles in the arch of the foot and the calf.

### **How To Do This Exercise?**

1. This exercise is best done on a step. If you don't have a step accessible, use a telephone book instead.
2. Stand with the ball of your foot on the step.
3. Reach for the bottom of the step with your heel until a stretch is felt through the arch of your foot.
4. Hold the stretch for 10-12 seconds.

### **How Often?**

Repeat the stretch 3 times    1    2    3    times daily

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NOTE: Use the back of a chair or a wall to maintain your balance.