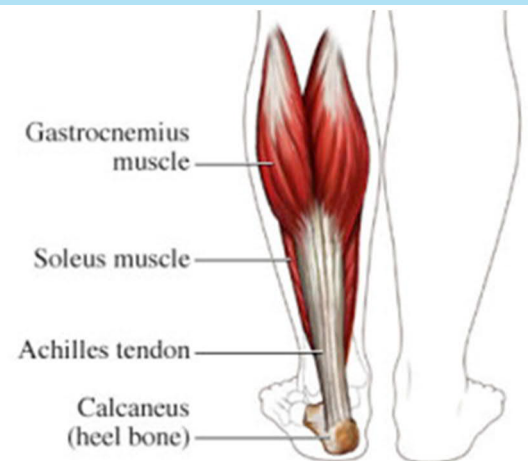


## PATIENT INFORMATION

# Stretches for Tight Gastrocnemius Muscles

Our assessment has shown that the gastrocnemius muscle in one or both of your lower legs is tight, and may be contributing to any foot, ankle or lower limb pain that you may be experiencing.

It is important to reduce this tightness, and so we have asked you to perform regular stretching exercises to achieve this.



## Steps to stretch the gastrocnemius muscle

1. Find a flat wall with a clear floor area.
2. Place the palms of your hands flat against the wall, at approximately shoulder height and about a shoulder width apart.
3. Place both feet approximately one foot's length from the wall, with the toes of both feet pointing at the wall.
4. Now move one leg back, keeping the toes pointing at the wall.
5. SLOWLY, lean in towards the wall, keeping the back leg straight, and bending only the knee nearest the wall.  
**KEEP BOTH HEELS ON THE GROUND AT ALL TIMES.**

You should start to feel tightness in the straight leg. If you do not, repeat from step 4, but move the back leg slightly further from the wall



6. Hold this position for 30 seconds  
DO NOT BOUNCE TOWARDS THE WALL TO INCREASE THE STRETCH,  
AS THIS MAY CAUSE INJURY.
7. Repeat for the other leg.
8. Then repeat the whole process once more, stretching both legs.

THE ABOVE PROCESS SHOULD BE REPEATED 3 TIMES EVERY DAY.

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For further assistance or to receive this information in a different format, please contact the department which created this leaflet.