



STRETCHING THE CALF MUSCLES

The calf muscles consist of 2 different muscles, the gastrocnemius, near the knee, and the soleus, closer to the ankle. These two muscles join together at the achilles tendon, creating the gastrocsoleus. It is important to make sure that you stretch both muscles.

Gastrocnemius



Soleus



To stretch the gastrocnemius, lean your heel over a step or curb, gently lowering your heel until you feel a nice stretch in the upper calf.



Now stretch the soleus by slowly bending your knee until you feel a nice stretch in the lower back of your leg, above the ankle.

