

Plantar Fascia Stretch For a deep calf stretch



Why?

There are 3 muscles layers in the back of your leg and the deepest layer muscles (tibialis posterior, flexor hallucis longus (FHL) and flexor digitorum longus (FDL)) are often not stretched. A tight deep layer reduces toe extension. Toe extension is very important for a balanced and rigid push off and a full activation of all propulsion muscles.

How?

- Stand up against a curb or wall (wearing shoes is sometimes easier)
- Bend toes back
- Keep the weight on the inside of your foot
- Bend your knee forward until you feel a stretch (around the inside of your ankle / achilles tendon area)

Explanation:

The key is to keep your weight on the inside of stretched foot because all of the deepest layer muscles wrap around the inside of the foot (through the tarsal tunnel).

Sets:	2
Reps:	1
Hold:	15 seconds – 1 minute
Frequency:	After or between runs