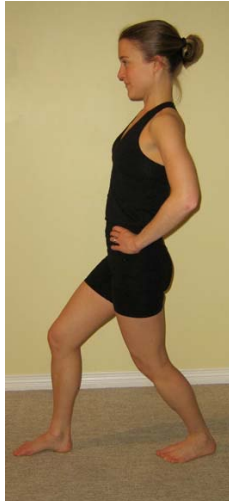


Soleus (middle calf) Stretch



Why?

The second layer of the calf (the soleus muscle) is more of a stabilizing muscle and can get very tight and cause a 'stiff' ankle feeling.

How?

- Stand with feet together
- Step back with leg to be stretched
- Bend the back knee slightly to remove the higher outer calf muscle (gastrocnemius)
- Keep the back foot pointed forward (or slightly inward)
- Push the hips and back knee forward until a stretch is felt just above the heel/achilles tendon area and/or lower calf

Explanation:

The toes of the back foot should be pointed straight or slightly inwards to stretch the calf evenly. Try also to keep the weight on the inside of the foot especially if a deeper stretch is felt in this position as runners and walkers tend to have more tightness in this position.

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

Dynamic Alternative: Walking in a crouched or very bent knee position leaving your back foot on the ground until a stretch is felt just before lift-off.