

# FLEXIBILITY EXERCISES

## Standing Calf Stretch (Gastrocnemius)

This will improve the flexibility of your calf to help maintain the range of motion of the ankle.

Hold for 30 seconds.



### Coaching Tips

**Step 1:** Stand a couple of feet away from the wall, facing it.

**Step 2:** Lean forward against the wall. Support your weight on your forearms.

**Step 3:** Try to keep your heels on the ground while stretching. Hold the position.

**Top Tip:** Move your back foot inwards and outwards to target different parts of the muscle.

### Gastrocnemius

**Origin:** Medial and lateral condyles of femur

**Insertion:** Calcaneus via the Achilles tendon

**Action:** Knee flexion, ankle plantarflexion

**Innervation:** Tibial Nerve

