

FLEXIBILITY EXERCISES

Standing Calf Stretch (Soleus)

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 our forearms and slightly bend your back leg.

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.

Soleus

Origin: Posterior surface of the shaft of fibula and medial border of the tibia

Insertion: Calcaneus via the Achilles tendon

Action: Plantarflexion of the foot and ankle

Innervation: Tibial Nerve

