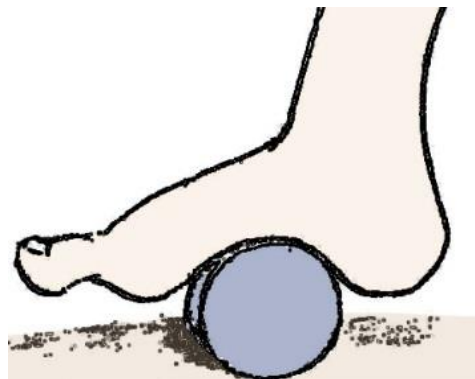




Stand facing a wall, arm's-length away, and place both of your hands against the wall at chest height. Bring the affected leg back, keeping the knee straight and the heel flat against the floor. When you feel your calf muscle stretch, hold for 60 seconds. Do not bounce. Repeat exercise with other leg.

** Stretch each leg 3 times. Perform these sets 3 times per day.**



Tennis ball rolling