



Wall-assisted calf stretch

1. Stand facing a wall with your palms placed flat on its surface slightly wider than shoulder-width apart
2. Flex your right foot and place the ball of your foot flat against the wall with your heel in contact with the floor
3. Shift your weight forward onto the right leg, pushing toward the wall until you feel a good stretch along the back of your right calf; you may need to move onto the toes of your left foot as you press forward
4. Hold the stretch for 30 seconds before switching sides