

CALF STRETCH WITH THERABAND

01. Whilst sitting on the floor with your legs fully extended place a theraband or towel under the ball of your foot and use your hands to pull it towards your body.
02. You should feel the stretch in your calf muscles.
03. Hold the stretch for approx.. 10 seconds then relax, then repeat.
04. Hold the stretch for approximately 10 seconds, relax, then repeat. Aim for 3 sets per leg.

