

The Soleus Lunge

Stand facing a wall with one foot in front of the other. Both knees must be slightly bent and feet perpendicular to the wall. Place your hands on the wall and bend your arms to bring your trunk forward. Keep your head up and heels in contact with the ground. *Hold this stretch for 10 seconds only.*



Common errors made with these exercises are rocking back and forth on your feet, sticking your backside out or lifting your heels off the ground.

Peroneal stretch

Sit on the edge of a chair over a carpeted floor. Roll the foot out onto its edge so the big toe joint is off the ground. Apply a little weight to the foot so that a stretch can be felt along the outside edge of the ankle. Hold this stretch for 10 seconds.



The Tibialis Anterior and Extensor stretch: Kneel on the floor and place a towel beneath your toes. Sit back on your ankles, pressing the front of the ankles to the floor. If you suffer from knee pain lean on a stool to support your bodyweight.



Please note: you should not feel any long-lasting pain when performing these exercises, only the sensation of a stretch, which should stop at the end of the activity. If you have any concerns, cease the exercise and contact your Podiatrist.

Please telephone us to make an appointment:

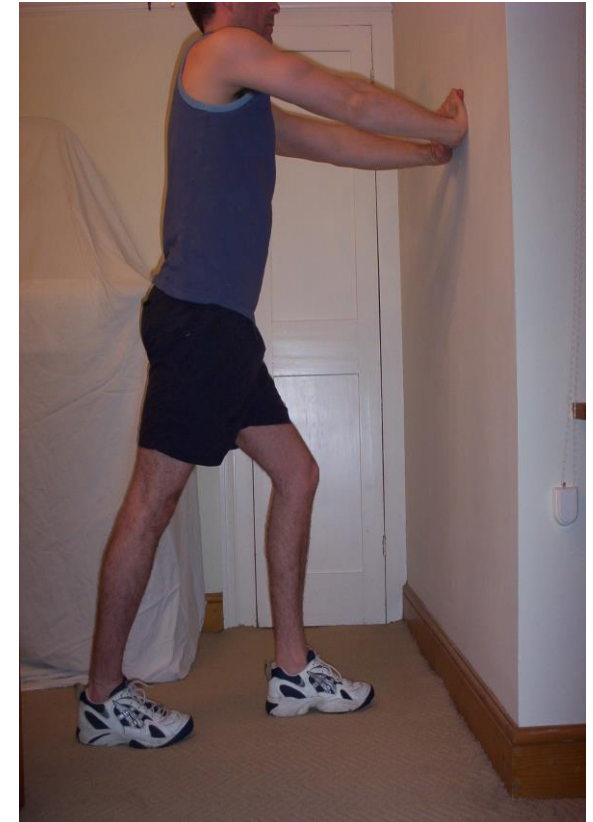
Harpenden	01582 467667
Hertford	01992 505105
St. Albans	01727 865343
Stoke Newington	0207 275 0382

www.headandshort.co.uk/podiatry

Head Office:

Head & Short Footwear & Podiatry
14 High Street, St. Albans, **Error! Reference source not found..** AL3 4EL

Stretching Exercises (Level one)



Head & Short
PODIATRISTS LTD

Why stretch?

Increasing your flexibility may help to resolve pain, prevent injury and improve the suppleness of your muscles and tendons. Flexibility exercises should be incorporated into an overall fitness programme, sufficient to develop and maintain range of movement. Flexibility is as important as strength, stamina, balance and co-ordination (please ask the Podiatrist for other exercise leaflets).

Are these stretches for me?

Level one flexibility exercises can be performed, whether you are an athlete or recreational walker, regardless of age. These exercises are suitable if you have a chronic overuse injury or wish to improve your general wellbeing. In addition, these exercises should be performed if you have been fitted with orthoses (insoles) or corrective shoes (anti-pronatory trainers)

Warm up!

You must warm up for 10-15 minutes, before exercising. Use passive heat in the form of a shower or sauna if recovering from an injury; or an active warm up like a gentle jog on the spot or light aerobics. The intensity of the warm up should produce mild sweating. This can be achieved by wearing several layers of clothing. Clockwise and counter clockwise movements of the foot must be performed.

Warm Down!

To prevent soreness following stretching shake your muscles to loosen and relax them and drink plenty of water.

How often?

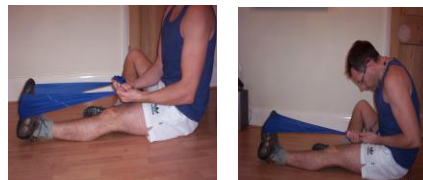
Stretches should be performed daily; aim to perform two sessions per day. Static stretches should be held for 30 seconds (unless stated otherwise). Repeat each stretch five times for each leg. If short of time choose stretches specific to your preferred activity.

Contraindications

Please do not perform these exercises if you are pregnant, suffer from loose joints, have had a joint or muscle problem, or spinal disc disorder. If you are recovering from an injury these exercises are only suitable for individuals who have past the acute stage(5-7days) and the inflammation has subsided. If unsure, please consult your Podiatrist.

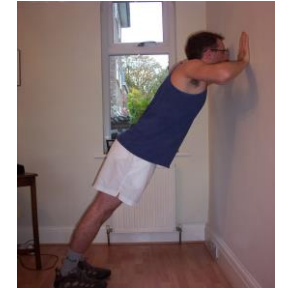
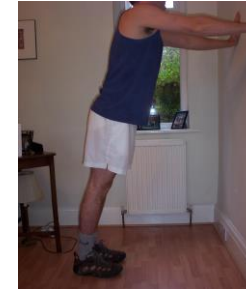
In the first week, perform:

The Calf stretch with band: Sit on the floor or firm bed with your legs straight out in front of you. Place a rolled towel beneath your calf muscles to allow free movement of your heels. Pull on the ends of the band to bring your feet towards you. Hold the stretch for thirty seconds. Repeat with the knee straight and the knee slightly flexed, with the foot turned in, upright and turned outward.



In the second week, perform:

The Calf wall lean: Stand facing a wall with both feet together, arms straight and hands on the wall. Keeping your legs straight, bend your arms to lower your trunk towards the wall. Keep your head up and heels flat on the ground.



In the third week, perform:

The Gastrocnemius lunge: Stand facing a wall with one foot forward and the other foot slightly back. Keep the knee, of the foot placed slightly back, straight. Both feet must be perpendicular to the wall. Place your hands on the wall and bend your arms to bring your trunk forward, keeping your head up and keep your heels in contact with the ground.

