

Podiatry Service

Stretches

Patient Information leaflet



Calf Stretch

- In bare feet or stocking soles, stand facing the wall about an arms length away
- Place hands on the wall at shoulder height and width apart
- Stand with one foot forward, knee bent. Your back knee should be straight with foot and knee facing forward
- Lean forward until bent knee is over toes, keeping the back knee straight and heel on the floor (You should feel a gentle pull in the calf of the back leg)
- Hold this for a count of 30 seconds
- Change legs, repeat exercise
- Repeat this process 5 times, morning and night



Calf Stretch

- In bare feet or stocking soles, stand facing the wall about an arms length away
- Keep feet hip distance apart and toes slightly turned in
- Place hands on the wall at shoulder height and width apart
- Look straight-ahead, bend elbows to allow body to lean forwards
- Take care that back legs are straight
- Push heels into the ground
- Hold stretch for 30 seconds then release
- Repeat this process 5 times, morning and night



Quadriceps Stretch

- Lying on your front with thighs together, bend one knee
- Grasp the foot/ankle and draw the heels towards your bottom
- Do not allow the lower back to over-hollow
- Hold this for a count of 30 seconds
- Change leg, repeat exercise
- Repeat this process 5 times, morning and night



Hamstring Stretch

- Lie with your back on the floor, both legs straight



- Keeping your back flat on the floor bend one leg and clasp hands behind thigh, close to knee, lift leg
- With raised leg pull toes towards shin and move sole of foot towards ceiling. Slowly straighten leg until stretch is felt down back of thigh – this position should not cause pain
- Hold this position for 30 seconds then release
- Repeat with other leg
- Repeat the process 5 times with each leg twice daily

Hamstring Stretch

- Sit on floor with legs straight and back flat against the wall
- Pull toes towards shins to stretch down back of legs
- Hold stretch for 20 – 30 seconds
- Repeat the process 5 times twice daily



To increase this stretch look straight ahead whilst keeping back straight bend forward from hips. Repeat stretch as above.

NOTES

We are happy to consider requests for this publication in other languages or formats such as large print.

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fax **01324 590867** or email disability.department@nhs.net

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If you can't go let us know!

Every month around 2,000 people across Forth Valley fail to turn up for hospital appointments. This costs the NHS millions of pounds each year and increases waiting times.

So if you are unable to attend, or no longer require your hospital appointment, please let us know so we can offer it to someone else.

**SMOKING IS NOT PERMITTED ON NHS
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This includes corridors, doorways, car parks & any of our grounds. If you do smoke on NHS premises you may be liable to prosecution and a fine.

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