

Towson Orthopaedic Associates Towson Sports Medicine Tips from the Athletic Trainer



Calf Flexibility Circuit

ALL STRETCHES SHOULD BE DONE 3 TIMES FOR A 30 SECOND HOLD YOUR GOAL IS TO FEEL A STRETCH OR PULL, STRETCHES SHOULD NEVER HURT QUALITY OF STRETCH IS MORE IMPORTANT THAN QUANTITY OF STRETCH BE SURE TO STRETCH BOTH LEGS

CALF STRETCH

- -Stagger Stance
- -Front foot against wall
- -Lean towards wall

Back Knee Straight (Gastrocnemius Muscle)



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Back Knee Bent (Soleus Muscle)



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