

Eccentric Calf Exercise



Standing on an elevated surface, start on your tip toes on one foot and slowly lower the heel down to foot level or even lower than the surface to get a stretch on the calf muscle. To return to initial position, only raise up to the tip toes with the opposite foot. By keeping the knee straight, you are stretching the gastrocnemius portion of the calf muscle. If you want to stretch the soleus, then bend your knee as you lower your heel towards the floor.



In Motion Spine & Joint Center

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