

# Tri-Planar Calf Stretch



With ball of the foot elevated on a slant board or a book, keep the knee knocked and lean body weight straight forward until you feel a stretch in the back of the calf muscle. Hold for 3-5 seconds and then back off the stretch. Repeat this 10 times on each leg.



With ball of the foot elevated on a slant board or a book, keep the knee knocked and lean body weight forward and medial/inward until you feel a stretch in the back of the calf muscle. Hold for 3-5 seconds and then back off the stretch. Repeat this 10 times on each leg.



With ball of the foot elevated on a slant board or a book, keep the knee knocked and lean body weight forward and lateral/outward until you feel a stretch in the back of the calf muscle. Hold for 3-5 seconds and then back off the stretch. Repeat this 10 times on each leg.

\*Perform with knee straight and knee bent to address the different muscle layers of the calf\*



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