

Mr David Gordon MB ChB, MRCS, MD, FRCS (Tr & Orth)

Consultant Orthopaedic Surgeon

www.davidgordonortho.com



Private Practice Personal Assistant: Helen Sellars
NHS Secretary: Christine Peters

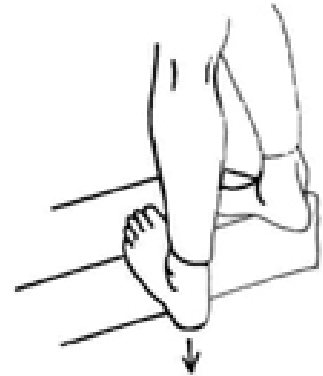
T/F: 01582-622-219
T: 01582-497-274

E: helen@davidgordonortho.com
E: christine.peters@ldh.nhs.uk

Gastrocnemius (Calf) Muscle and Achilles Tendon Stretches

Off a Step

1. Standing with ball of foot on a stair, reach for the bottom step with heel until a stretch is felt through the arch of the foot
2. Hold for 30 seconds
3. Relax
4. Repeat 5 times
5. Do 6 sessions per day



On the Floor

1. Facing a wall, put your hands against the wall at about eye level
2. Keep the injured leg back, the uninjured leg forward and the heel of your injured leg on the floor
3. Keep your back knee straight
4. Turn your injured foot slightly inward (as if you were pigeon-toed) as you slowly
5. Lean into the wall until you feel a stretch in the back of your calf
6. Hold for 30 to 60 seconds
7. Repeat 3 times

