

CALF STRETCHING

The following program is designed to stretch the calf muscle fibers most effectively utilizing a mechanical principle known as “creep”. **Creep** is a phenomenon that occurs when a sustained stress is applied to a deformable material. If creep takes place the material (or tissue) does not return to its original length when the force is removed, but rather has undergone some permanent deformation. In the case of the calf muscle fibers, it is an increase in length. Therefore these stretches should be sustained for the recommended time to allow creep to occur.

- Step #1 Position yourself with the ball of your foot/feet on the edge of a stair/step (Fig. 1).
- Step #2 Holding rails for balance allow your heel(s) to drop downward. You should be relaxed and no active muscle contractions in your legs should be necessary.
- Step #3 Hold this position for **5 minutes**. Do this **twice daily** i.e. morning and night.

