



Balance & Motion

MASSAGE THERAPY

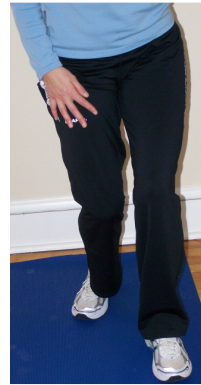
Calf Stretches

Proper technique for static stretches: 1) Warm up for 5-10 minutes. 2) Perform the movement until you feel a mild pull sensation. 3) Hold position for 20-30 seconds or until you feel the mild stretch sensation decrease. 4) Stretch both sides twice. **SP** = starting position **M** = movement **FS** = feeling of stretch



Gastrocnemius

SP: Staggered legs, back leg straight.
M: Push hips forward, press back heel down.
FS: Upper calf just below the knee.



Tibialis Posterior

SP: Same as Soleus with back foot turned outwards slightly, knee goes straight forward.
M: Bend knee and ankle, press heel down.
FS: Inside of the Achilles tendon.



Soleus

SP: Staggered legs, back knee bent
M: Bend knee and ankle, press back heel down.
FS: Lower calf and Achilles tendon area above the ankle.



Toe Flexors

SP: Legs staggered, toes of front foot bent up, front knee bent forward.
M: Bend front knee and ankle, press heel down.
FS: Inside of Achilles tendon.

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