

lee chiropractic clinic

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Lower Leg Stretches and Strengthening

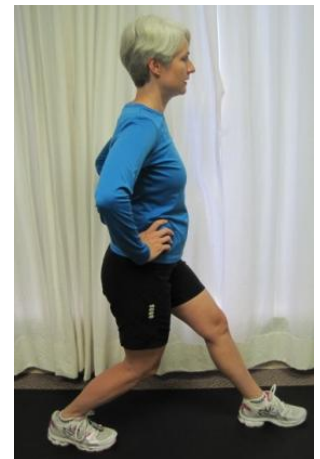
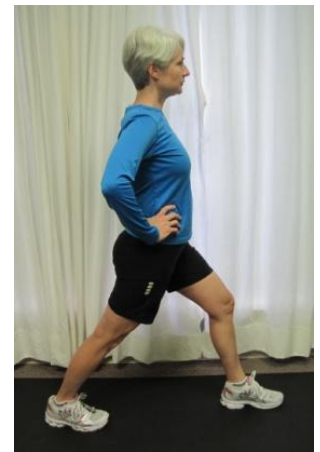
Hold stretches for 30 seconds and repeat 1 - 5 times on each side.

Stretch

1. Calf

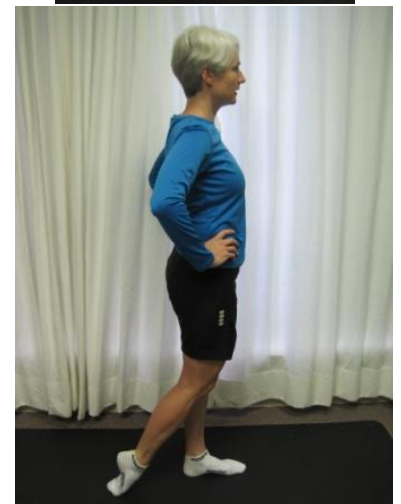
Take a large step, so one foot is forward and one is behind. Both feet should have toes pointing forward. Be attentive to this positioning. Keep the heel down on the back leg.

Keep feet planted as above, and continue on by bending the knee of the back leg. Keep the heel down still.



2. Shin

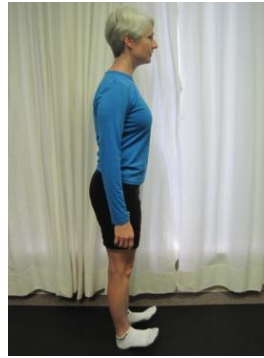
With your shoes off, place one foot behind you with the top of the toes on the floor. Stay tall through whole body.



Strength

1. Heel Walk

-Walk on heel for 60 seconds

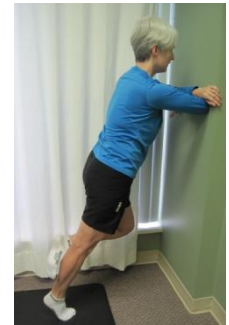


2. Toe Walk

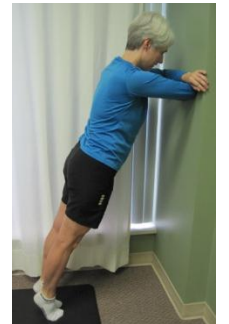
-Walk on toes for 60 seconds



3. Heel raises with 1 leg



4. Heel raises with 2 legs



These can be done at the edge of a step, with foot half on or half off step or at a wall. Stand away from the wall and lean upper body into wall to create an angle at the ankles(s), then raise and lower heel(s).