

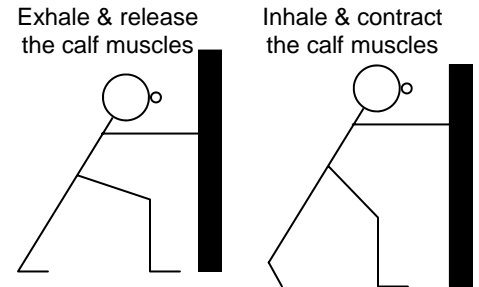
Calf Care

1. Gentle Massage (1 - 2 min. each calf)

- Squeeze down length of calf from knee to ankle - motion like “kneading dough”
- “Push” calf from top to bottom in a straight line (*brisk motion - pressing lightly into muscle*)

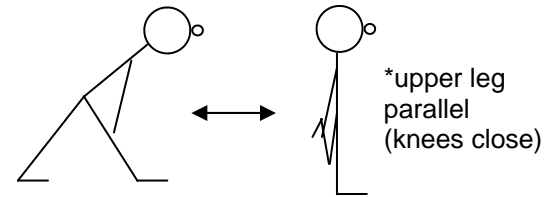
2. “Calf Pump” (10 times each leg; repeat 2-3 times)

- Stand upright; one leg extended back or lean forward on a wall / chair etc.
- EXHALE as you press back heel into the ground; INHALE as you lift the back heel (contract calf as you put weight on your toes)
- EXHALE and press the heel into the ground (*gently - you should feel the muscle “release” or relax. If the heel is pushed too forcefully into the ground you will feel tension instead of relaxation. In that case, lessen the pressure on your heel.*)
- INHALE as you lift and repeat each leg 10 X.



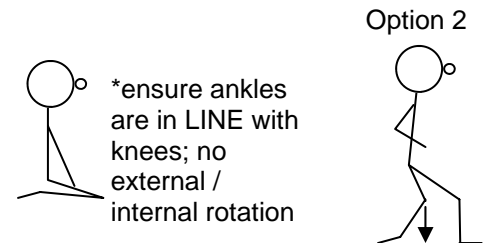
3. Opposites : Ham / Quad Release

- lightly (about 30-40% of “full tension stretch”) stretch hamstring for 6 sec.
- lightly (about 30-40% of “full tension stretch”) stretch quadriceps for 6 sec.
- Repeat 3 times each leg.



4. Front Calf

- gently sit on your heels (BEWARE this is contraindicative for your knees, so if there is any discomfort, do the second option)
- Option 2 : stand and lower back leg / knee with top of foot pushing into the ground



5. Ankle rotations and Massage #2

- rotate ankles 5-10 times each leg, each direction
- repeat above massage (30 sec. - 1 min each calf)

****When doing the second massage, try the following three times on each calf.**

- a) Start with thumbs at top of calf, behind knee.
- b) Gently push muscle down toward your ankle in a STRAIGHT LINE while you DORSIFLEX (lift toes) your foot.
- c) Draw another line straight back up toward your knee while your foot plantarflexes (relaxed).