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Massage Therapy

Gastrocnemius Muscle Stretches

1. Gastrocnemius Stretch - Standing on Incline
2. Gastrocnemius Stretch -Long Sitting
3. Gastrocnemius Stretch – Lunge
4. Gastrocnemius Stretch – Standing with Wall

Gastrocnemius Stretch - Standing on Incline

1. Always warm your muscles before exercising.
2. Stand on an inclined board with feet pointing upward and heels downward until you feel a stretch in your calves. Breathe out as you hold the stretch.
3. Increase the stretch by leaning forward.



Gastrocnemius Stretch - Long Sitting

1. Always warm your muscles before exercising.
2. Sit with straight legs (straight knees) on a mat strongly point feet up, attempt to keep the toes relaxed. You should feel a pull stretch in your calf. Increase the stretch with a towel pulling the forefoot further up. Breathe out as you hold the stretch.





Gastrocnemius Stretch - Lunge

To stretch **left** gastrocnemius muscle (back leg in picture)

1. Always warm your muscles before exercising.
2. Stand with hands braced on a wall for support, with right leg forward and left leg far back.
3. Keep left knee straight and left heel flat on the floor. Both feet are facing forward. Bend your right knee and lean forward until you feel a pull stretch in your left calf.

Alignment: To provide stability to the left foot, partially turn the left leg so the toes face right and shift your weight to the outside edge of the foot and then lean forward onto the front foot. Keep the back foot heel flat on the floor.



Gastrocnemius Stretch – Standing with Wall

To stretch **left** gastrocnemius muscle (front leg in picture)

1. Always warm your muscles before exercising.
2. Stand with hands braced on a wall for support and with left leg in the front and left knee straight. Place right leg behind.
3. Place the left toes up on the wall a few inches from the floor. Using your right leg, push your body and left leg closer to the wall until you feel a pull stretch in your left calf. Breathe out as you hold the stretch.

