



**Robyn Dey RMT**  
Massage Therapy

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## Soleus Lunge Stretch

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Place a soft surface under your back knee for comfort. Start in a half-kneeling position and place a stick upright on the outside part of your front foot. Lean forward, bringing your knee on the outside of the stick.

- Reach heel toward the floor. Do not raise the heel of your front foot as you lean forward.

You should feel the stretch in the calf of the front leg.





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## Soleus Wall Stretch

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Roll a rolled up towel or yoga block next to a wall. Stand facing the wall with the front of your foot on the yoga block and the heel on the ground. Then move this knee forward until it is aligned with the tip of your second toe. You feel a comfortable stretch in your lower calf region.

Check: Make sure your front knee is BENT and not moving inward.

