

Pro-align, Sydney

Injury Profile: Calf releases for Pro- Align

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The following are rehabilitation exercises to help you recover faster and prevent re-injury. Please contact your Health Professional if you have any questions

Comment: The foam roller exercise can also be done with a massage ball. The more often we can drip feed this information into the body the longer lasting the effects will be.

Long Calf Stretch



10

Reps

- Place the stretching leg behind
- Point foot straight ahead and keep the knee straight
- Lean forward keeping the heel on the ground to feel stretch in the calf of the rear leg
- Imagine the tissues lengthening each time you move your weight forward
- Start to rotate the pelvis towards and away from the lead leg. This will cause some rotation in the rear leg and allow the rear ankle to pronate and supinate.

Short Calf Stretch



5

Reps

- Start with leg in slightly closer than the long calf stretch
- Point foot straight ahead at all times
- Bend knee to feel stretch in the lower calf and then release again
- With each bend of the knee turn the pelvis to one side and then the other to drive movement into the foot.
- The foot will remain facing forward but experience ankle rotation (pronation and supination)

Calf and Plantar Fascia Stretch



10

Reps

- Place toes up against wall or step
- Keep heel on the ground
- Lean forward into wall until stretch felt in back of calf
- Rotate the pelvis to face the left and then the right. Feel the variation down the back of the calf from inside to outside of the calf.

Foam Roller Single Calf



0:30

Hold

- Foam Roller under calf muscle with other leg crossed on top
- Flex and point the foot to glide the calf tissue
- Gently roll the calf left and right
- Lift bottom up off floor with hands and roll from back of ankle to back of knee
- Switch sides and repeat. Gently move up the calf as you go.

[Watch Video](#)

The exercises and advice in this rehabilitation program have been prescribed specifically to you by your healthcare provider. Any questions about this program should be directed to that provider. MyPhysioRehab does not accept any liability for damage or injury suffered whilst performing these exercises. Please seek advice from your health professional if you experience any discomfort during this exercise routine.