

## Contact us

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## Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the PALS and complaints team on freephone 0800 328 7971.

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

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若您需要本信息的另一种语言或格式的版本，请与我们联系

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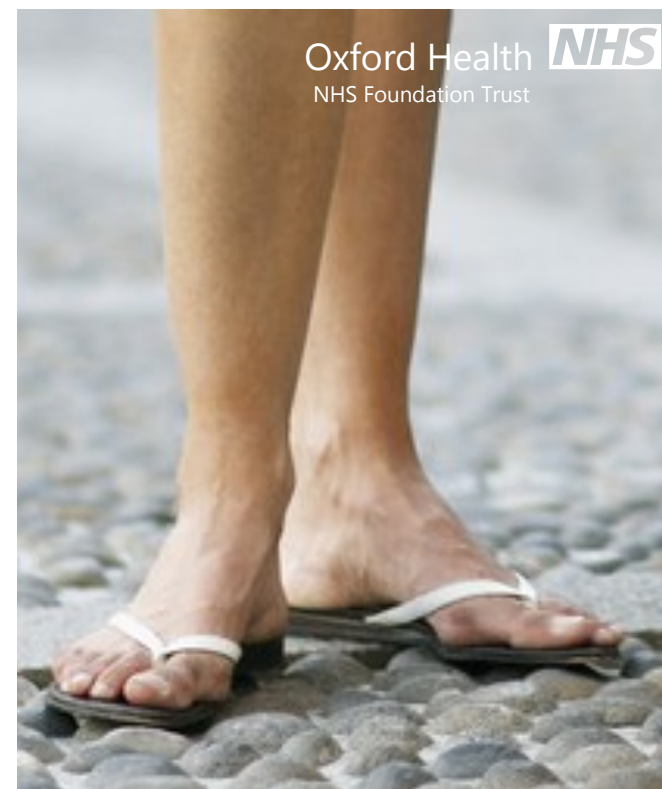
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The Podiatry Service is part of our Older People Directorate.



Podiatry

## Calf muscle stretches

## Wall push-ups or stretches

These exercises need to be performed first with the knee straight and then with the knee bent to stretch both parts of the Achilles tendon.

Twice a day do the following wall push-ups or stretches:



- (a) Face the wall, put both hands on the wall at shoulder height and stagger the feet (one foot in front of the other). The front foot should be approximately 30cm (12 inches) from the wall. With the front knee bent and the back knee straight, lean into the stretch (ie towards the wall) until a tightening is felt in the calf of the back leg. Hold for 30 seconds and then ease off. Repeat ten times.
- (b) Now repeat this exercise but bring the back foot forward a little so that the back knee is slightly bent. Repeat the push-ups ten times.

## Stair stretches for Achilles tendon and plantar fascia

Holding the stair-rail for support, with legs slightly apart, position the feet so that both heels are off the end of the step.

Lower the heels, keeping the knees straight, until a tightening is felt in the calf. Hold this position for 30 seconds and then raise the heels back to neutral.

Repeat five times, at least twice a day as a minimum.



## Achilles tendon and plantar fascia stretch



Loop a towel, a piece of elastic, a dressing gown cord or a tubigrip around the ball of your foot and, keeping your knee straight, pull your toes towards your nose until you feel the stretch.

Holding for 30 seconds, repeat five times for each leg.

Repeat again five times at night.

Repeat the above this time with a cushion underneath the knee for the soleus muscle.