



DR. SCOTT O'CONNOR

Fellow, American College of Foot & Ankle Surgery
Diplomate, American Board of Podiatric Surgeons
Certified in Foot, Reconstructive Rearfoot/Ankle Surgery

Normal – (309) 807-0384

Pontiac – (815) 842-6551

Eureka – (309) 467-2371

Lower Extremity Stretches



Gastrocnemius Stretch

Stand facing a wall (or tree) and use your hands to support you. Put the leg that you are stretching behind. Keep your back knee straight and the heel on the ground. Make sure your foot is facing straight ahead and not turned out. Feel the stretch in your calf muscle.

Hold the stretch for 30 seconds and repeat 2-3 times on each side



Stand facing a wall (or tree) and use your hands to support you. Have one foot slightly behind the other. Bend both knees, keep the heels on the ground, and put a little more weight on your back leg. Make sure your foot is facing straight ahead and not turned out. Feel the stretch deep in the calf muscle.

Hold the stretch for 30 seconds and repeat 2-3 times on each side.



Plantar Fascia Stretch

Bend your toes up against a wall so the ball of your foot is on the ground. Bend your knee towards the wall keeping it in line with your foot. The stretch should be felt in the arch of your foot.

Hold the stretch for 30 seconds and repeat 2-3 times on each side.



Calf Stair Stretch

With the ball of your feet on the stair, lower your heels down below the level of the step keeping your knees straightened. Use the hand rail for balance.

Hold the stretch for 30 seconds and repeat 2-3 times. Don't bounce.