



# Erbst OrthoSport

Physical Therapy



Gastrocnemius



Soleus

## Doorway calf stretches

Stand in doorway with front foot's toes elevated on door frame. Keeping same knee straight and hips square, lean hips forward and touch same side hip to door frame (per first picture). A stretch should be felt in the superficial calf muscle (gastrocnemius). If heel slides backward, place opposite foot's toes tight against it. Hold this stretch for 30 seconds.

To stretch deep calf muscle, allow front knee to bend and touch this knee to the door frame (per second picture). Hold this stretch for 30 seconds. Repeat this stretch 2 times in a row, 1-2 times each day.

Tweak #1: Instead of holding stretch, gently move in and out of position 15 times.

*Erbst OrthoSport Physical Therapy*

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(919) 612-1673