

Achilles stretch:

- 1) You will need a rolling pin or sturdy aerosol can.
- 2) Lie this against a flat wall or door.
- 3) With the ball of your foot remaining on the rolling pin at all times, place the whole of your big toe flat against the wall.



- 4) Keeping the foot in this position, try and bring your knee as close to the door as possible. Hold this stretch for 20 seconds, feeling the stretch in the achilles and along the underside of your heel.

Repeat 3 times a day.

Gastrocnemius stretch:

- 1) Place the ball of your foot on a brick or large book.
- 2) Keep your heel on the floor and both legs straight.



- 3) with the other leg, step forwards as far as you are able.
- 4) Ensure your body remains upright and you don't stick your bottom out!

Hold for 20 seconds. Repeat 3 times a day.

Maristow Chiropractic Clinic

8 Maristow Street, Westbury, Wiltshire, BA13 3DN. 01373 865533

www.maristowchiropractic.com