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Calf Stretching

DO UP AGAINST WALL OR COUNTER

TO STRETCH RIGHT FOOT:

Put left foot forward, right foot back. Pigeon toe right foot toward left. Keep right knee locked and bend left knee. Pick up toes on right foot while stretching. Hold stretch to count of 15. Repeat 4-5 times. Do 4-5 times daily.

TO STRETCH LEFT FOOT:

Put right foot forward, left foot back. Pigeon toe left foot toward right. Keep left knee locked and bend right knee. Pick up toes on left foot while stretching. Hold stretch to count of 15. Repeat 4-5 times. Do 4-5 times daily.