Useful websites

www.nhs.uk
www.sunderland.nhs.uk/chs

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Date of publication: Oct 2007
Date of review: Oct 2010
Date of CGSG: 2007
Reference: 100/07
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HAMSTRING AND CALF MUSCLE STRETCH

PATIENT INFORMATION LEAFLET

Podiatry Department

Sunderland Royal Hospital

The Hamstring Stretch

1. Lie flat on your back on a hard supportive surface.

2. With your knee bent, flex your other leg so that your thigh is vertical.

3. On your vertical leg, link your hands behind the knee and flex your ankle joint towards your shin.

4. Slowly straighten your leg until tightness is felt behind the knee.

5. Hold on for 30 seconds to 1 minute and then repeat on the opposite side.

6. Repeat for approximately 10 minutes per day.

The Calf Muscle Stretch

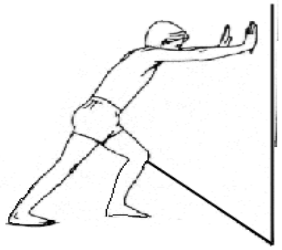
1. Stand approximately 2 feet away from the wall.

2. Keep your stomach in and head forward.

3. Tuck your chin in and look forward.

4. Place one leg forward with the knee slightly bent and the other behind, with the knee fully extended, keeping both feet flat on the floor.

5. Slowly bend your front leg and both elbows, leaning into the supporting surface, keeping both feet flat on the floor.

6. Hold for 30 seconds to 1 minute then relax.

7. Repeat process for the opposite leg.