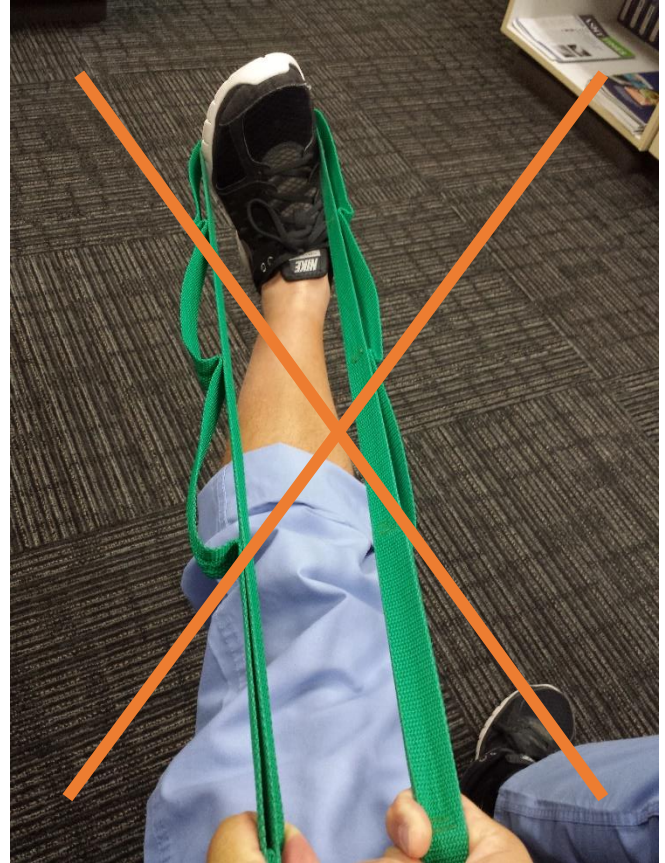
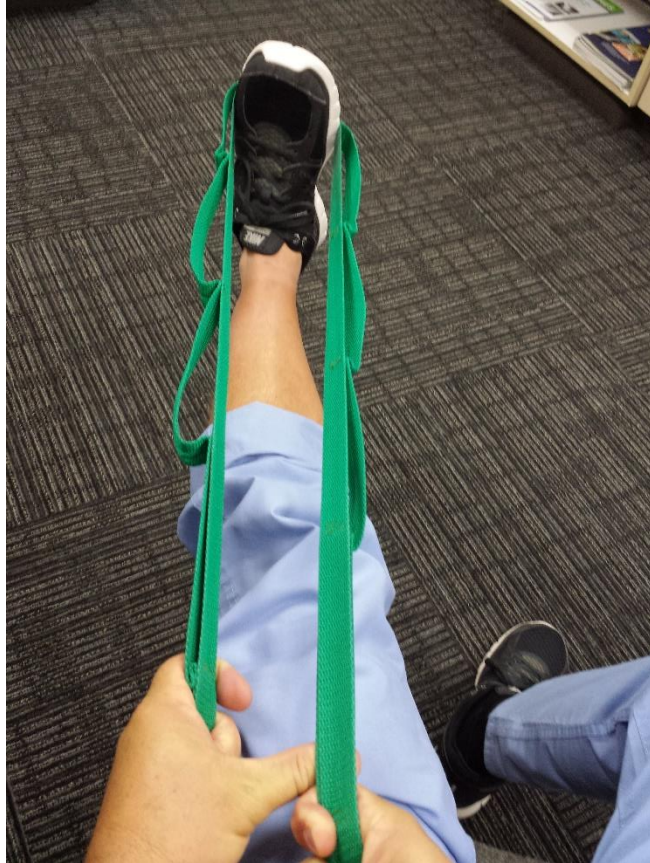


LEFT

Gastrocnemius Muscle Stretches

Daniel Hoopes MD

Note: This is using a rigid strap/towel/belt/dog leash and NOT a large rubber band
Therabands (large rubber bands) are for strengthening. This is stretching.

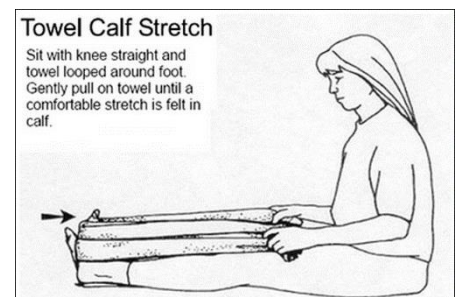


YES

NO

Other reminders for gastrocnemius stretch:

1. Localize the axis of the ankle as shown above
2. Completely relax the thigh so the knee is fully extended
3. Pull stretch for 3 minutes
4. Then rotate the pelvis by correcting low back posture and hold another 3 minutes
5. Repeat 5 times
6. Do this 2 or 3 times a day, if able
Even 1 time is better than none

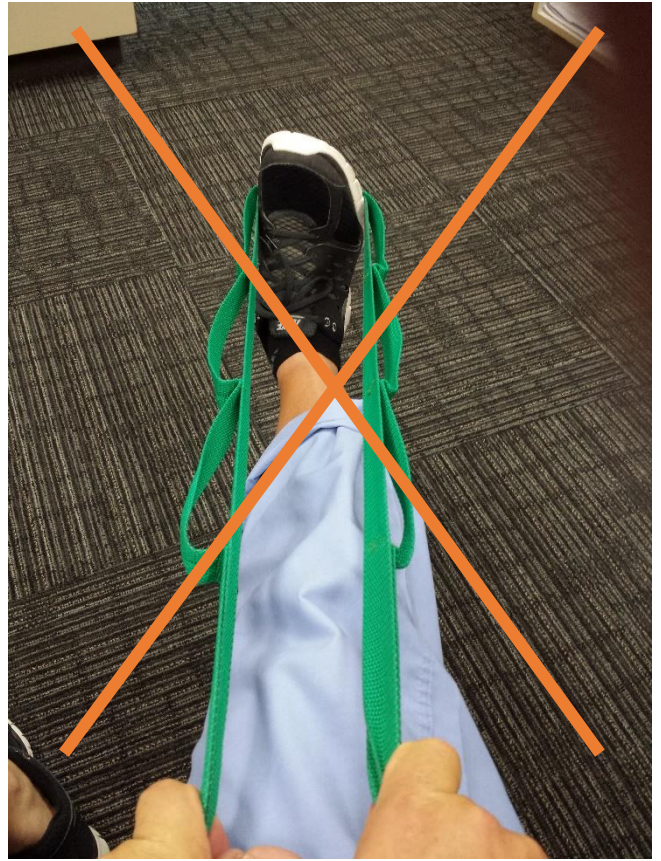
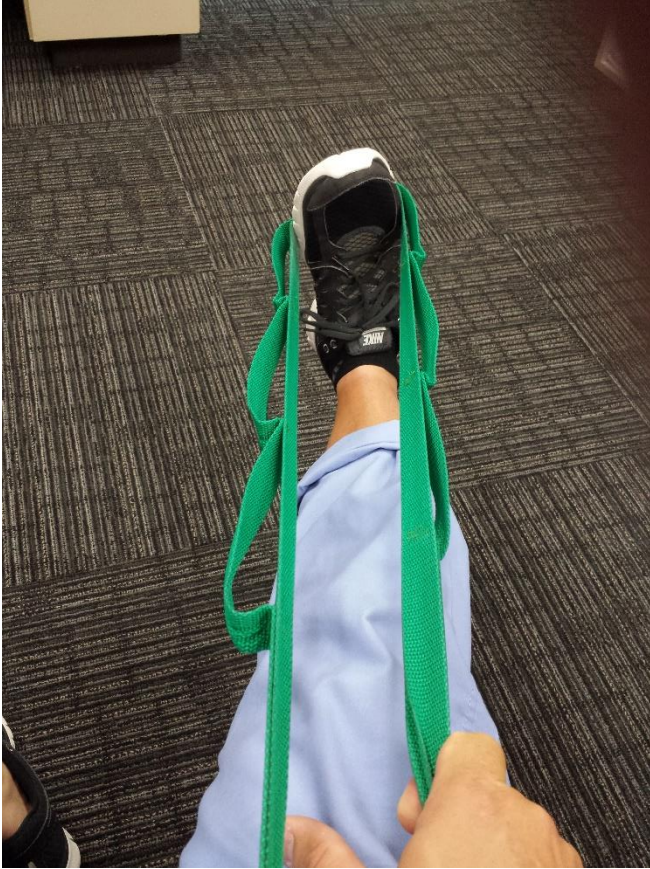


RIGHT

Gastrocnemius Muscle Stretches

Daniel Hoopes MD

Note: This is using a rigid strap/towel/belt/dog leash and NOT a large rubber band
Therabands (large rubber bands) are for strengthening. This is stretching.



YES

NO

Other reminders for gastrocnemius stretch:

1. Localize the axis of the ankle as shown above
2. Completely relax the thigh so the knee is fully extended
3. Pull stretch for 3 minutes
4. Then rotate the pelvis by correcting low back posture and hold another 3 minutes
5. Repeat 5 times
6. Do this 2 or 3 times a day, if able
Even 1 time is better than none

