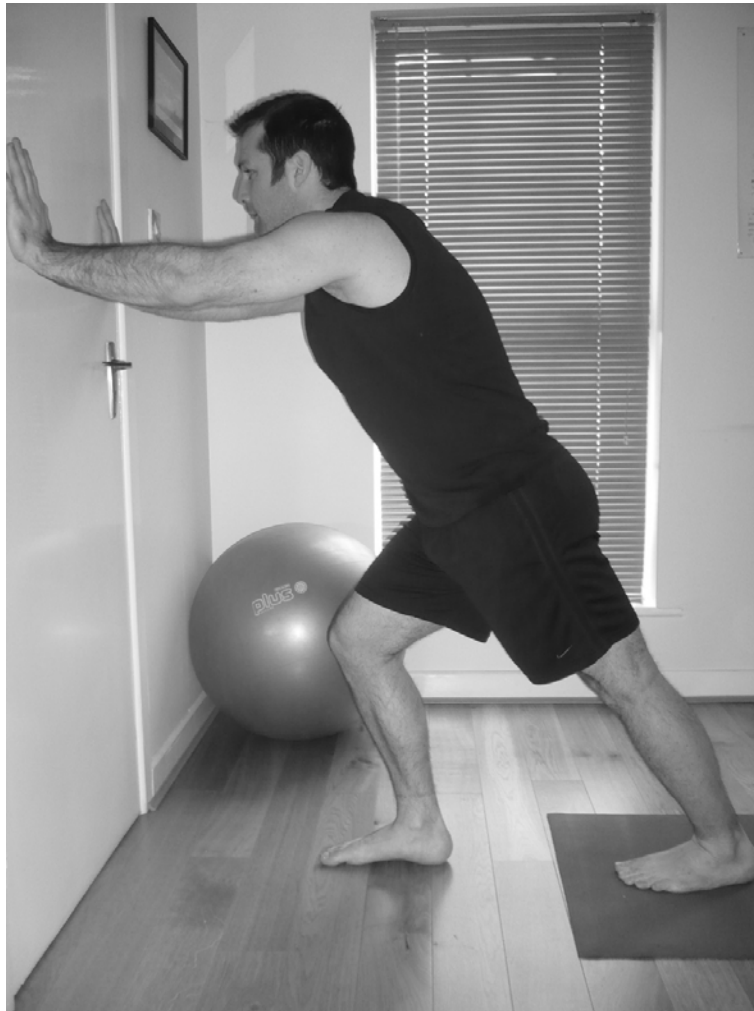


Gastrocs Stretch

Starting Position: Standing facing towards a wall with the left foot back. Keep the feet flat on the floor and toes pointing straight ahead.

Action: Lean into the wall, keeping the left knee fully extended and left heel on the floor until you feel a gentle stretch in the back of the leg just below the knee. Hold for 20 seconds. Repeat 4 times. Do not bounce.



These sheets are for guidance only. Although carrying out the exercises on this sheet correctly may be beneficial to you, these sheets do not nor are they intended to replace a proper assessment from your Chartered Physiotherapist. It is advisable that you discuss how to carry out the exercises contained on this sheet with your Physiotherapist at your next session. Should you have any questions regarding the exercises contained on this sheet please feel free to discuss same with your Physiotherapist at your next treatment session. The management accepts no responsibility whatsoever for the content or accuracy of these sheets or any issues resulting from same.

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