

## Soleus 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 in towards the wall, allowing the left knee to bend, but keeping the heel on the floor, until you feel a stretch low down in the back of the leg near the Achilles tendon. 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.

### *Other Branches*

Butterfield PhysioCare  
1A Butterfield Avenue  
Rathfarnham  
Dublin 14  
tel: 4935522  
fax: 4938224  
email: butterfield@physio.ie  
web: www.physio.ie

Dundalk PhysioCare  
10B Roden Place  
Dundalk  
Co Louth  
tel: 042 9320932  
email: dundalk@physio.ie  
web: www.physio.ie