

## Exercise for standing activities 6:

## Stretching the calf muscles



In a standing position; with one foot in front of the other facing a wall, and the feet: 2–3 foot lengths apart. Slowly move your front knee towards your wall, hold your upper body upright, keep your rear heel on the ground. Hold the tension twice on each side for 15–20 seconds

**bewegt.li** – the exercise and sports offering in Liechtenstein.

Find more exercises at www.bewegt.li/exercises

The exercises were provided by Mr Dieter Beh from the Überruh Rehabilitation Clinic in Isny, Allgäu, Germany.



**Dieter Beh** Head of General Therapy

Bolsternang 88316 Isny im Allgäu

Tel. 07562 75-368 Fax 07562 75-400

d.beh@rehaklinik-ueberruh.de www.rehaklinik-ueberruh.de