

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

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