

LOWER LEG STRETCHING EXERCISES

Shin Stretch



- Kneel with your shins flat on the ground
- Sit back on your heels, slowly increasing the pressure
- Hold for between 10 and 30 seconds

Muscles Stretched - Tibialis Anterior, Extensor Digitorum Longus, Extensor Hallucis Longus

Related Injuries - Shin Splints, Anterior Compartment Syndrome

Standing Shin Stretch



- Stand with your toes of the left foot on the floor on the outside of your right foot
- Bend the right leg to push your ankle towards the ground
- Hold for between 10 and 30 seconds
- Swap legs!

Muscles Stretched - Tibialis Anterior, Extensor Digitorum Longus, Extensor Hallucis Longus

Related Injuries - Shin Splints, Anterior Compartment Syndrome

Gastrocnemius Stretch



- Stand with one leg far in front of the other
- Keep the back heel flat on the floor
- Bend the front leg and keep the back leg straight
- Hold for between 10 and 30 seconds

Variations

- Perform the same stretch in front of a wall
- Place your hands on the wall, lean forwards and push against the wall

Muscles Stretched - Gastrocnemius

Related Injuries - Calf Strain, Achilles Tendinitis, Achilles Tear

Advanced Gastrocnemius Stretch



- Stand on a step with only the toes supported
- Drop the heels off the back of the step, keeping the knee straight
- Hold for between 10 and 30 seconds

Muscles Stretched - Gastrocnemius

Related Injuries - Calf Strain, Achilles Tendinitis, Achilles Tear

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Peroneal Stretch



- Sit in a chair with one ankle resting on the other knee
- With your hands, point the foot and turn the sole of the foot upwards
- Hold for between 10 and 30 seconds

Muscles Stretched - Peroneus Longus, Peroneus Brevis, Flexor Hallucis Longus

Related Injuries - Peroneal Tendinopathy