Standing Calf Stretch

Start by standing in front of a wall or other sturdy object. Step forward with one foot with toes on both feet pointing forward. Keep the leg behind you straight during the stretch.

Lean forward towards the wall. Support yourself with your arms as your front knee bends. Stop when you feel a gentle stretch in the back of your leg.

Move closer or further away from the wall to control the stretch. You can adjust the bend of the front knee to control the stretch.

Hold the stretch 10 seconds. Repeat 10 times. Perform 1 time per day.