

Active stretch.

Calf stretch on step.

This stretches the muscles of the calf to help keep your foot flat on the floor.

- Stand on the bottom step of the stairs holding onto the rails.
- Place one heel over the edge of the step and keep your knee straight.
- Gently bend the other knee and let the weight of your body stretch your heel towards the floor.
- Hold for 20-30 seconds and repeat 3 times with your affected leg twice per day.

