



NHS Fife provides accessible communication in a variety of formats including for people who are speakers of community languages, who require Easy Read versions, who speak BSL, read Braille or use Audio formats.

NHS Fife SMS text service number 07805800005 is available for people who have a hearing or speech impairment.

To find out more about accessible formats contact:

fife-UHB.EqualityandHumanRights@nhs.net or phone 01592 729130

Further patient information leaflets are available online on our website www.nhsfife.org/

Fife Council and NHS Fife are supporting the people of Fife together through Fife's Health and Social Care Partnership.



www.fifehealthandsocialcare.org

PODIATRY DEPARTMENT

CHILDREN & YOUNG PEOPLE



STRETCHES

Issued	Jan 2002
Revised	Sept 2017
Next Review	Sept 2019
Images	NHS Podiatry



CALF STRETCH

- In bare feet or stocking soles, stand facing the wall about an arm's length away
- Place hands on the wall at shoulder height and width apart
- Stand with one foot forward, knee bent. Your back knee should be straight with foot and knee facing forward
- Lean forward until bent knee is over toes, keeping the back knee straight and heel on the floor (You should feel a gentle pull in the calf of the back leg)
- Hold this for a count of 30 seconds
- Change legs, repeat exercise
- Repeat this process 3 times, morning and night



HAMSTRING STRETCH

- Sit on floor with legs straight and back flat against the wall
- Put your feet together and point your toes to the ceiling. The back of your knees should be straight against the floor.
- Hold stretch for 20 – 30 Seconds
- Repeat the process 5 times twice daily.
- To increase this stretch look straight ahead whilst keeping back straight bend forward from hips.
- Repeat stretch as above.



ANKLE STRETCH

- Stand with balls of feet on a step.
- Lower heels with knees slightly bent.
- Stretch is felt in calves.
- Hold for 30 counts.
- Repeat 3 times.