

1. Neural stretch 02697



	Slow				
1 x	15	15			
Mon	B-Wgt	B-Wgt			
20/09					

Start neural stretch by alternating upper neck flexion (chin tuck) with ankle dorsiflexion to release posterior neural tension

2. Calf stretch 01207



	Iso				
1 x	15	15	15		EL
Load	Med				
Mon					
20/09					

Straight assisted calf stretches for gastrocnemius lengthening. Stretch with band assist then flex against it.

3. Soleus stretch 01208



	Iso				
1 x	15	15	15		EL
Load	Med				
Mon					
20/09					

Straight assisted calf stretches for soleus lengthening

4. Hamstrings calf stretch 02829



	Iso				
1 x	30s	30s	30s		EL
Mon	B-Wgt	B-Wgt	B-Wgt		
20/09					

start in TKE position (knee flexion, big toe flexion against wall, ankle dorsiflexion). Sequentially extend knee before adding trunk flexion.

5. Jump rope 00893



	Med				
5 x	30-60s				
Mon	B-Wgt				
20/09					

alternate between speeds, jumps, legs etc to add some variety to loading of calves.

6. Calf raise walk 02087



	Slow				
1 x	6m	6m	6m		
Mon	B-Wgt	B-Wgt	B-Wgt		
20/09					

full roll of gait cycle heel through toe wearing socks to pad the heel. Can do with light DBs or Kbs to add resistance.

7. Single leg calf raise 06151



	3.1.3.				
1 x	6	6	6		EL
Load	Heavy				
Mon					
20/09					

3.1.3.1. tempo heavy and slow single leg calf raises. Use whatever weight/resistance you have.

8. Plantar fascia self massage 04161



plantas fascia massage release to tension through achilles insertion, work full length of foot especially under heal.

1 x				
Mon				
20/09	B-Wgt			

Plantar fascia self massage 04161



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Calf raise walk 02087



full of gait cycle heel through toe wearing socks to pad the heel. Can do with light DBs or Kbs to add resistance.

Calf stretch 01207



Straight assisted calf stretches for gastrocnemius lengthening. Stretch band assist then flex against it.

Hamstrings calf stretch 02829



start in TKE position (knee flexion, big toe flexion against wall, ankle dorsiflexion). Sequentially extend knee before adding trunk flexion.

Jump rope 00893



alternate between speeds, jumps, legs etc to add some variety to loading calves.

Neural stretch 02697



Start neural stretch by alternating upper neck flexion (chin tuck) with ankle dorsiflexion to release posterior neural tension

Single leg calf raise 06151



3.1.3.1. tempo heavy and slow single leg calf raises. Use whatever weight/resistance you have.

Soleus stretch 01208



Straight assisted calf stretches for soleus lengthening