

Calf Stretch Variations

*There are many options for this stretch. Please consult your Physical Therapist to see what option is best for your child along with duration and frequency of the stretch.

Assisted Seated Calf Stretch

Have your seated in chair or wheelchair. Cup the bottom of their heel with your hand and the bottom of their foot on your hand or forearm depending on the size of the child's foot. Gently push the foot up towards the child's head until you feel resistance. The stretch should be felt in the back of the lower leg. The stretch can be performed with the knee bent and straight.



Assisted Supine Calf Stretch

Have your child lie down with their legs extended. Cup the bottom of their heel with your hand and the bottom of their foot on your hand or forearm depending on the size of the child's foot. Gently push the foot up towards the child's head until you feel resistance. The stretch should be felt in the back of the lower leg.



Towel/Strap/Belt Seated Calf Stretch

Have the child seated with legs straight. Wrap a towel or strap around the child's foot. Have the child take both ends of the strap/towel and gently pull their toes towards their head until they feel a gentle pull. The stretch should be felt in the back of the lower leg.



Standing Calf Stretch

Have the child face a wall and take a large step backwards with one leg, into a lunge position. The child's hands can be placed on the wall for balance support as needed. Encourage the child to press the back legs heel towards the ground. If no stretch is felt, have the child take a larger step backwards. The stretch should be felt in the back of the lower leg.



Downward Dog Combined Calf and Hamstring Stretch

Have child start in a hand plank position on their toes with hands directly under their shoulders and up on their toes. Instruct child to push through their hands lifting hips up towards the sky while pressing the heels towards the ground. A stretch should be felt on the back of the upper and lower leg. If the stretch is too intense add a slight bend to the knees while in the final position.

