

# Lunge Calf Stretch and Test

**Types (progression):** The basic form has you standing in lunge position with both feet flat with knees facing forward. Advance versions have the toes (sometimes knees) pointing in and out.

**Performance:** The exercise done is done typically for 1-3 sets for 15 or more seconds. This exercise can be done often,

**Form:** Holding onto support dorsiflex (bend ankle) leaning forward at knee keeping both feet flat and rear leg straight go to stretch. Hold and then repeat stretch with rear knee bent. See Form See Kneeling version and foot raised versions in pictures.

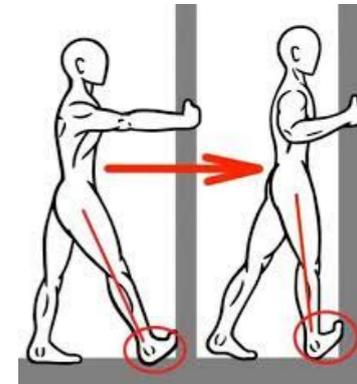
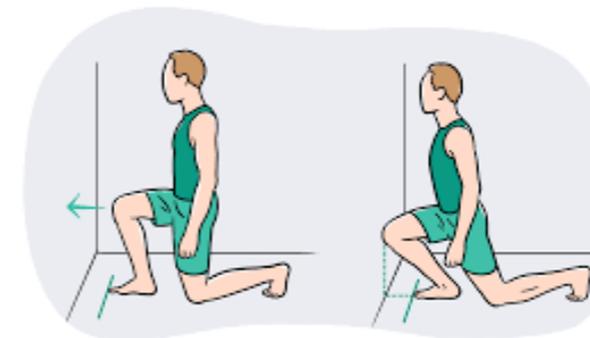
Upper calf (gastrocnemius) Stretch



Lower Calf (soleus) Stretch



KNEE-TO-WALL DORSIFLEXION ANKLE TEST



**The Lunge Calf Stretch is a must do exercise for everyone in my opinion. It helps prevent injury and improves performance and balance.**

They can be done anywhere. They can be done often, even everyday. I would recommend performing them at least 3 x a week. There is no excuse. It only takes minutes to do. I do them standing at a work station. Performing this exercise will help improve dorsiflexion of the ankle.

**Test Your Ability: This is a very important test that I use with most of my clients (see test).** This test has been shown to have very good reliability / repeatability and prospective studies have also shown it to be predictive of injury. There are actually very few clinical tests we perform which have been shown to be prospectively predictive of injury so this is a test which should certainly not be left out (especially when screening uninjured sportsmen and women) (see article).

**Did you know:** As mentioned with the dorsiflexor toe raise exercise restricted dorsiflexion range of motion (ROM) has been linked to a range of pathologies. Studies have shown that the presence of restricted dorsiflexion may cause healthy individuals to adopt compensatory gait patterns such as genu recurvatum, early heel lift and excessive subtalar joint pronation in addition to altering their biomechanical function in gait. Altered biomechanics may predispose individuals to the development of pathologies such as metatarsalgia, ankle sprain and medial tibial traction periostitis as well as Achilles tendinopathy, plantar fasciopathy and gastrocnemius strain in sporting populations (see study). A study found that both strengthening and stretching exercise program, which included lunge calf stretch, significantly reduced pain and improved gait in patients with plantar fasciitis and other foot and ankle issues.