

Tennessee Back Pain Center

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Triplanar Calf Stretch – Exercise Instructions

- This exercise is performed standing close to a wall
- Prop one foot up against the wall so your toes are on the wall and your heel is on the ground
 - This might be more comfortable if you have shoes on.
- The other leg is behind you, with the whole foot on the ground
- Place your fingertips on the wall.
- Leading your hips, lean forward almost as if you are going to touch your nose to the wall.
 - Make sure you lead with the hips here. The whole body should be moving, not just your upper body.
- Hold for 1 second then return to the starting position.
- Leading with your hips again, lean forward towards your right hand.
 - Again, make sure you lead with the hips here. The whole body should be moving, not just your upper body.
- Hold for 1 second then return to the starting position.
- Leading with your hips again, lean forward towards your left hand.
 - Again, make sure you lead with the hips here. The whole body should be moving, not just your upper body.
- Hold for 1 second then return to the starting position.
- Repeat 10x in each direction
- Switch feet and repeat the whole exercise again.
 - If your doctor just wants you to do this on the affected side, that foot is the one against the wall.
- Perform this exercise 2x per day OR as prescribed by your doctor.
- Note:
 - This exercise is more of a stretch than a strengthening exercise
 - If the stretch is too intense, back off on how far forward you lean. You should feel a good stretch, but not the point of pain.
 - If you are experiencing pain or discomfort elsewhere during this exercise, please stop and consult your doctor.
 - As always, abide by a pain rule of 4/10. Anything below a 4/10 is okay to push through. Anything above a 4/10, please stop and consult your doctor. We understand this rule is subjective but do your best to judge your pain.



Triplanar Calf Stretch

Hands on wall,
spread out

Lean with
hips
and chest

Lean Forward.
Towards one hand,
then towards the other

One foot propped
against wall

Back foot
flat on floor