Calf Stretch

- These exercises will help your leg regain strength and mobility.
- It is important that you do your exercises ________________ each day.
- Return to your starting position and relax between each exercise repetition.

- Repeat each exercise ________________ times unless you receive other directions.
- Stop any exercise that causes pain.

- Do _________ times each day.
- Do _________ repetitions for left / right leg.
- Hold stretch for _________ seconds.