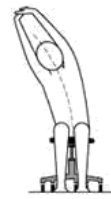

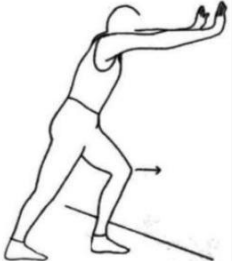


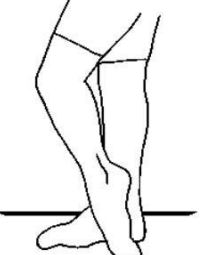


# Stop & Take an **ERGO** Break

## #7: Lower Leg



Here are a number of lower leg exercises that will help stretch muscles that are commonly overworked at an office desk related job. Do not do any stretches that cause pain!

<p>Lower Leg Stretch</p> 	<p>Hold one foot off the floor with your leg straight. Alternately flex your ankle (point your toes up) and extend (point your toes down). Repeat with the other leg. Hold for about 15 – 20 sec.</p> <p>Repeat 2 – 3 times on each leg.</p>
<p>Gastrocnemius Stretch</p> 	<p>Stand facing a wall and use your hands to support you. Put the leg that you are stretching behind. Keep your back knee straight and your heel on the ground. Make sure your foot is facing straight ahead and not turned out. Feel the stretch in your calf muscle. Hold for about 15 – 20 sec.</p> <p>Repeat 2 – 3 times on each leg.</p>
<p>Soleus Stretch</p> 	<p>Stand facing a wall and use your hands to support you. Have one foot slightly behind the other. Bend both knees, keep the heels on the ground, and put a little more weight on your back leg. Make sure your foot is facing straight ahead and not turned out. Feel the stretch deep in the calf muscle. Hold for about 15 – 20 sec.</p> <p>Repeat 2 – 3 times on each leg.</p>
<p>Plantar Fascia Stretch</p> 	<p>Stand with the ball of your foot on a stair. Reach for the bottom step with your heel until you feel a stretch in the arch of your foot. Hold for about 15 – 20 sec.</p> <p>Repeat 2 – 3 times on each foot.</p>
<p>Shin and Ankle Stretch</p> 	<p>Cross your left ankle over your right with your toes pointed to the right. Bend your right knee to increase the stretch for the top of the left foot. Hold for about 15 – 20 sec then straighten right knee.</p> <p>Repeat 2 – 3 times on each leg.</p>

References: <http://www.ccohs.ca/>, <http://www.mayoclinic.com>, <http://www.safetyoffice.uwaterloo.ca/>