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Foot Clinic: Leg Stretches

Patient Information Leaflet

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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Diabetes can be associated with tightening of tendons, which can result in increased areas of pressure on the bottom of the foot, increasing the risk of foot ulcers. The following stretches help to prevent this from happening.

Exercises

Exercise 1 Gastrocnemius (calf) stretch

Start position: Stand with your hands against a wall with your leg stretched behind and your foot pointing straight ahead.

Move your foot further back to increase the stretch. Ensure your foot remains pointing forward throughout.

Action: Keep your heel on the ground and your knee straight, lean forward until you feel stretch in the back of your lower leg.

- Hold for 30 seconds
- Repeat six times (three minutes)
- Three times a day



Exercise 2 Soleus (calf) stretch

Start position: Stand with your hands against a wall and your leg to be stretched behind you.

Action: Keeping your heel on the ground, bend your back knee until you feel a stretch in the lower part of your leg.

- Hold for 30 seconds
- Repeat six times (three minutes)
- Three times a day



If you experience any pain or undue discomfort, stop the exercises immediately.

If you feel that any of these exercises are **too difficult or could increase your risk of falling or causing harm to yourself do not attempt them** and discuss with the clinician upon next clinic appointment.