



## SLANT BOARD STRETCHES

Using a Slant board is an effective way to stretch your calf muscles. To work well it must be used regularly, *several times every single day*.

The slant board allows you to set the level of calf stretch exactly enabling you to monitor improvement. It is also easy to feel any differences or imbalance in flexibility between the two legs when stretching both legs at the same time. The slant board adjusts quickly and easily in several positions. Please *only use the 1<sup>st</sup> two settings* (making it too steep can lead to problems).

The best way to stretch the calf is to stand on the board with a balanced straight posture. You can stretch the hamstrings as well by bending your forwards and resting your hands on a table in front of you.

### **Starting your Stretching:**

Stand on the board with e.g. trainers and remember that ***your knees need to be locked straight*** while you stretch, otherwise, the problematic muscle is slack and so cannot be stretched.

Initially, set the legs of the board to a LOW gradient (not too steep) and aim for 3 minutes, 3 times a day. Gradually increase to 5+ minutes 3-4 times each day. Then, *and only then*, increase the gradient of the board, by moving the legs back to make the slope steeper. At this point go back to 3 minutes 3 times daily, and gradually increase the duration and frequency of the stretching.

Only progress beyond the second level after discussion with your specialist. If you set the board as steep as it will go and try to stand on it for ages you will cause leg or back injury. This needs to be a gradual stretching program.

Caution: If your foot/ankle pain gets worse then reduce the stretching and notify your clinician.

**TOP TIP:** If you make a table/desk higher e.g. put laptop or keyboard on a box on the desk, then your work/activities can continue while you do the exercises.

Slant boards can be obtained from many sources, or improvised at home.

One useful source is: [www.Return2Fitness.co.uk](http://www.Return2Fitness.co.uk) (look under Foot/Plantar fasciitis)  
01953 600930