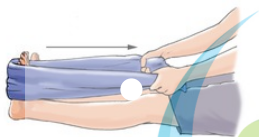


Calf Strain Rehabilitation Exercises



Towel stretch



Standing calf stretch



Resisted ankle plantar flexion



Heel raise



Single leg balance



Nose touch



Wall jump



Side-lying leg lift