**Lower Leg Massage**

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**02/2024**

**Stretch out your legs in front of you.**

* **Pad through feet alternating (pointing and flexing)**

**Bring toes towards the face.**

* *Think of pushing the heel away*
* *For those who suffer from the stretch reflex, push away and point continuously.*
* **Add in a belt to assist with gaining a deeper stretch.**

**Repeat on the other foot.**

**Standing up**

* **Take one leg in front of the other.**
* **bending front knee (Keep back leg straight)**
* **Stretch out calf.**

**Repeat with the other leg**

**Bend the knee, bringing your leg and foot closer to you**

**Compression to calf using the heel of hand and fingers.**

* **Work into either side of the gastrocnemius.**

**Go into medial head pulling across laterally from the tibia.**

**CAN USE A BALL FOR HAND SUPPORT**

**Repeat on the lateral side.**

**Take knuckles.**

* **Circle at origin point at top of gastrocnemius.**

**Bring knee closer to you if you need**

* **Flat palm over peroneals (front)**
* **Warm up with flat palm**
* **Strokes down with knuckles or ball**

**Massage over Ankle**

* Repeat the other side.

**Ball or tin of food on feet to finish.**

**Roll through the foot forwards and backwards.**

*(If you have plantar fasciitis, you may wish to avoid the calcareous area until inflammation has subsided)*