

Why do slant board exercises?

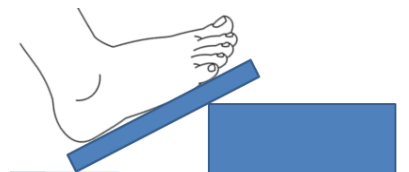
Gastrocnemius stretches are best performed with a device called a slant board. This provides a very powerful and effective stretch of the calf muscle which can help a number of different conditions such as Achilles problems, plantar fasciitis, heel pain and forefoot pain.

Where can I get one?

You can buy this type of device on-line by searching for 'slant board':



You can use hard backed books to make the board:



How should I use it?

Set the board to a comfortable height

Keep your knee straight

Use the board for 10 minutes 3 times a day