



**Masula Chiropractic**  
30 Philadelphia Drive # A

Chico, CA 95973  
530-342-6441

530-342-5441

Client :  
Client ID :  
Date : Friday, March 6, 2026



**Soleus Wall**

Standing in a lunge position, supporting upper body against wall.  
Keeping back foot heel on floor and knee slightly bent, bend front knee.  
Shift body weight forward through pelvis to feel a stretch in the lower calf area.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Gastrocs Wall**

Standing in a lunge position, supporting upper body against wall.  
Keeping back foot heel on floor and knee straight, bend front knee.  
Shift body weight forward through pelvis to feel a stretch in the upper calf area.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Active Hamstrina SLR**

Lying on back, pull toes back and bring one leg straight up toward ceiling and hold.  
Lower leg slowly and repeat.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Hamstrinas Seated**

Sitting with both feet straight out in front, toes point to the ceiling.  
Bend straight forward from the hips, keeping back aligned and chest up, to feel a stretch in the back of the legs.  
Support body with hands on the floor.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31