

HEELCURVE HOCKEY

STANDING SOLEUS STRETCH (BENT KNEE)

EXERCISE MECHANICS

WHAT IT IS

A lower leg stretch that targets the soleus muscle (deep calf muscle) by bending the knee while leaning forward against a wall or stable surface. It helps improve ankle mobility, reduce tightness, and enhance performance and recovery.

1 START

Stand facing a wall or stable surface. Place your hands on the wall at shoulder height. Step one foot back, keeping both feet facing forward.



2 BEND KNEE

Bend your back knee, keeping the heel planted on the ground. Lean forward from the ankle, keeping your torso upright.



3 FEEL STRETCH

You should feel a stretch in your lower calf (soleus muscle). Keep your hips square and your back leg knee bent.



4 HOLD & SWITCH

Hold for the desired time, breathing deeply. Switch legs and repeat for the other side.



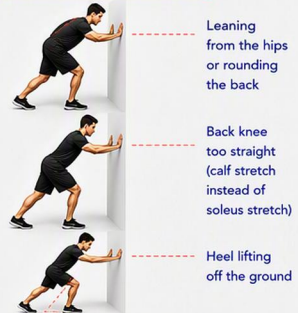
KEY POINTS

- Keep your back leg knee bent.
- Keep your heel planted.
- Lean from the ankle, not the hips.
- Keep your chest up and core tight.
- Use your arms for balance and support.
- Focus on quality stretch, not intensity.

CORRECT FORM



COMMON MISTAKES



MUSCLES WORKED



- Soleus (Deep Calf Muscle)
- Gastrocnemius (Calf Muscle)
- Achilles Tendon
- Ankle Stabilizers

TRAINING TIPS

- Use as a warm-up, cool-down, or mobility drill.
- Hold for 30–60 seconds per side and repeat 1–2 times.
- Combine with ankle mobility and lower body work.
- Include in your routine 3–5 times per week for best results.

SKATE FASTER. MOVE BETTER. PLAY HARDER.