

1313 Olentangy River Rd.
Columbus, Ohio 43212
614-839-2140

70 South Cleveland Ave.
Westerville, Ohio 43081
614-839-3280

4420 Refugee Rd
Columbus, Ohio 43232
614-839-2150

5040 Forest Dr. Ste.300
New Albany, Ohio 43054
614-839-3211

Gastroc Stretch



Stretch **RIGHT/LEFT/BOTH** calf/calves as directed by your therapist.

Hold 10 sec Sets 3 Reps 3 Times/Day 3