

These exercises should be repeated 5 times/week – start with 10 repetitions and increase as you feel able. It is ok to feel some discomfort when performing the exercises.

Seated calf raise

In a sitting position, push down on your thigh as you push up on to your tiptoes on one leg.



Double leg calf raise

1. Rise up onto your tiptoes. Keep your knees straight. Hold on if you need to steady yourself. Lower slowly down.
2. Keeping a slight bend in your knee rise up onto your tiptoes. Hold on if you need to steady yourself. Lower slowly down.



Single leg calf raise

1. Stand on one leg. Keep your knees straight. Rise up onto your tiptoes. Hold on if you need to steady yourself. Lower slowly down.
2. Stand on one leg. Keeping a slight bend in your knee rise up onto your tiptoes. Hold on if you need to steady yourself. Lower slowly down.





Eccentric exercises off step (gastrocnemius)-

- 1) With your feet half way off the edge of a step (ensure it is a stable step!), raise up onto your tip toes.
- 2) Stand on one leg and slowly lower one heel towards the floor
- 3) Return the other foot to the step and use both feet to raise up onto tip toes again

This can be progressed by gradually increasing the weight going through the affected side rather than using both feet.



Eccentric exercises off step (soleus)-

Repeat as above but with knees flexed.